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This recipe doesn't miss a beet

Roasted-beet bread gives sandwiches a veggie boost PAGE 36

SEEING BURGUNDY

GO TO THE DARK SIDE THIS SEASON WITH A DEEP-RED LIP PAGE 31

VANCOUVER metro®

Thursday, November 15, 2012

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Stakes raised in Surrey casino gamble

Dispute. Those who oppose project call for discussion, public inquiry, referendum

Opponents have upped the ante in the gamble to build a South Surrey casino and entertainment complex — a deal they feel was done before the public had its say.

Gateway Casinos and Entertainment Ltd. has been planning to build the $100-million complex at 10 Avenue and 168 Street since it bought the land in early 2012.

It held its first public meeting on Nov. 7, yet council could approve the plan as early as Dec. 10.

But not if the South Surrey Ratepayers Association has its way. It wants to challenge Mayor Dianne Watts to a discussion on the casino, request a public inquiry on the process and pursue a referendum on the issue, association president Terry McNeice said Wednesday.

"This is going through at lightning speed," McNeice said. "We're at the 11th hour and we're two meetings away from it being a done deal."

Other residents' eyebrows were raised when they discovered Gateway had contributed $16,000 to the successful Surrey First 2011 election campaign.

But political contributions from companies aren't unusual and don't affect council's actions, said acting Surrey Mayor Barinder Rasode.

"The fact that they contribute to the political process has absolutely, unequivocally no bearing on any decisions that are ever made," Rasode said. "We judge the applications specifically on the merits of the application."

City council won't comment on the casino until public consultation is complete, she said.

But Gateway disagrees that there are more naysayers based on preliminary survey results. The casino received more positive than negative feedback forms at the public meeting with 375 attendees last week, according to Gateway spokeswoman Tanya Gabara.

Of 163 forms returned, 76 supported the casino, 62 opposed it and 25 had questions or concerns, Gabara said.

The company set up a website for feedback and information that points out the project will create jobs and line city coffers with $6 million per year.

The B.C. Lottery Corporation's market assessment, based on demographics, spending, visitation patterns and future trends — not public opinion — found Surrey could support another casino.

Hundreds were expected to attend a meeting hosted by casino opponents Wednesday night, including representatives from Gateway, BCLC and the city. EMILY JACKSON/METRO

WHL EKES OUT WIN

Team WHL goalie Laurent Brossoit makes a glove save against Team Russia during Game 5 of the CHL Subway Super Series in Vancouver on Wednesday. The WHL won 1-0 in a shootout. Story, page 60. DARRYL DYCK/THE CANADIAN PRESS

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Island. Tofino mayor says he has to go

Tofino Mayor Perry Schmunk says his decision to leave his post was bittersweet.

Schmunk announced his resignation at a council meeting on Tuesday night. His last day as mayor will be Jan. 1.

"I made the decision that the best case moving forward is to make sure that Tofino has a mayor who's in town on a more consistent basis than my current employment (allows)," he said on Wednesday, adding he will now focus on his marketing director duties at Cactus Club Café.

His recent change of employment took him out of Tofino a few days a week and had been challenging.

"As time went on, the days of council meetings just totally conflicted with the schedule of employment that provides for my family," he said. "I couldn't raise my family on the mayor's salary alone, so I was forced to take another opportunity."

Schmunk said he was transparent about his plans, so it wasn't a shock to council members.

He is most proud of the community's emergency response to tsunami warnings after an earthquake struck off the coast of Haida Gwaii late last month.

The mayoral byelection will most likely happen at the end of January or early February, he said.

PHYLICIA TORREVILLAS/METRO

Perry Schmunk FACEBOOK.COM

Premier Christy Clark addresses an anti-bullying forum on Tuesday at the Morris J. Wosk Centre for Dialogue, on West Hastings. Carol Todd, the mother of bullied teen Amanda Todd, has expressed anger that she wasn't invited to the event. PHYLICIA TORREVILLAS/METRO FILE

Gov't defends summit snub of Carol Todd

ERASE Bullying forum. Mother of Amanda Todd left out of conference inspired by her daughter's suicide

PHYLICIA TORREVILLAS
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The B.C. government is defending its decision to exclude Carol Todd from an anti-bullying summit that was inspired by the tragic death of her daughter, Amanda.

Education Minister Don McRae told reporters on Wednesday that two experts on bullying and anti-bullying response — Theresa Campbell and Kevin Cameron — were worried that Todd's presence could pose risks for the students or young adults.

"They expressed concern that if Mrs. Todd were to attend with the young people that the risk for unintended consequence was there," he said, adding the ministry decided to err on the side of caution.

Cameron, executive director of the Canadian Center for Threat Assessment and Trauma Response, said they wanted a lower-anxiety forum focused on bullying and not on trauma.

He also advised the ministry to meet Todd beforehand to discuss the issues that her presence could have for both her and the young participants.

"It was an understanding from prior experience with high-profile traumas that I have dealt with, many parents want to be present, feel they can and, in the end … they wished they had never said yes because they weren't able to manage their emotion and it was too soon after the traumatic incident."

The ERASE Bullying summit, held on Tuesday, gathered more than 100 students, teachers and experts to talk about ways to combat bullying.

Todd, whose daughter took her own life last month, said she received a call from Education Ministry officials last week about the summit.

"They said that, no, I wasn't getting an invitation for the reasons that there would be students speaking and some of these students could be fragile and my presence might upset them further," she told Bill Good on Wednesday on CKNW radio.

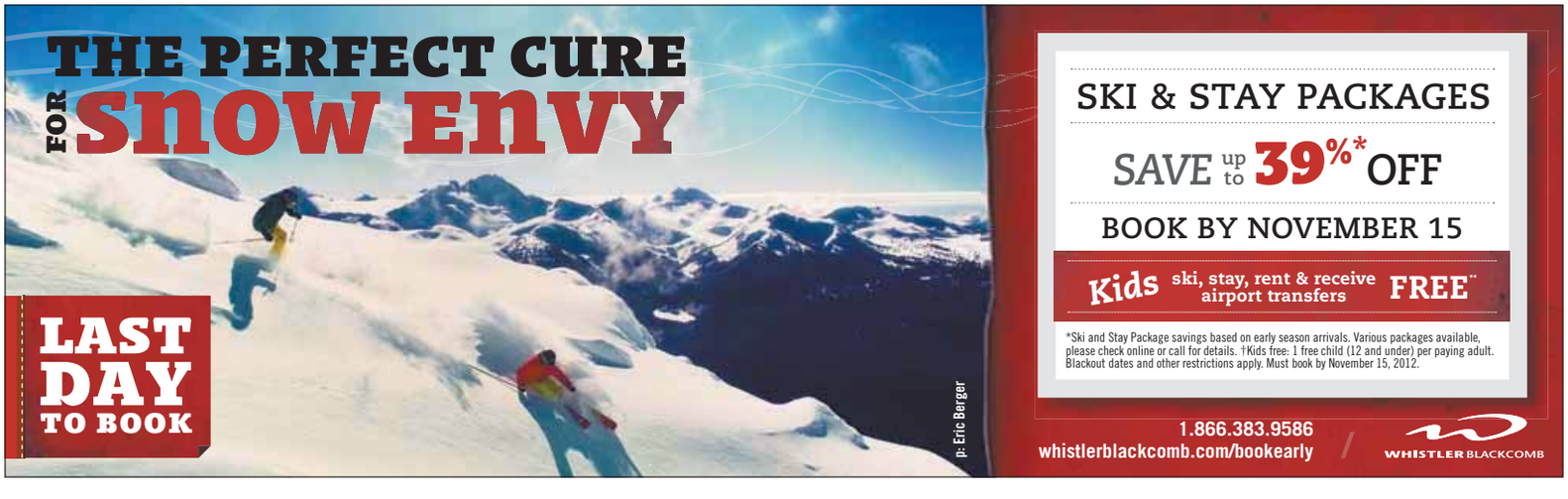
Premier Christy Clark has said that Amanda's suicide was one of the main reasons the conference was put together.

"If you're going to mention my daughter's name, then I would think it would've been nice if the parents were invited," Todd said.

She didn't ask to speak at the forum, she added, but wanted to listen, watch and absorb the information being put out.

Remembering Amanda

- A second public memorial for Amanda Todd is being held on Sunday at 1:30 p.m. at the Red Robinson Theatre in Port Coquitlam.
- An Amanda Todd snowflake walk is scheduled for Dec. 9.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Play the links with a few drinks: City's public golf courses to get booze carts

Extra revenue for park board. City council grants three 18-hole courses liquor primary licences

EMILY JACKSON
emily.jackson@metronews.ca

Golfers aren't allowed to light up on Vancouver's public courses, but soon they'll be able to crack open a beer.

Fraserview, Langara and McCleery golf courses received city council's blessing Wednesday to sell booze from beverage carts on their playing areas.

Council granted the three 18-hole courses liquor primary licences, which allow them to operate two carts each (one for every nine holes) that sell beer and coolers, along with snacks and non-alcoholic beverages, between 11 a.m. and 10 p.m.

Beverage carts will drive extra revenue for the park board and help it compete with the 14 other Metro Vancouver courses that already allow golfers to imbibe before reaching the 19th hole.

Pitch-and-putts will remain dry.

The park board only received two comments when it asked for community feedback on the carts — one person was concerned with public urination, while the other felt one beverage cart per course would be enough. Vancouver police had no problems with the carts.

Only Green Coun. Adriane Carr opposed the licence, saying it's a "slippery slope" to let people on fairways drink beer openly in public space where children could be present.

At the Langara Golf Course, pro-shop employee Chris Moore said the carts will be a welcome addition on hot days to provide water, Gatorade or beer to thirsty golfers.

"I don't drink when I'm playing, but it would be nice to have a sandwich," said occasional golfer Garett Wong, 31, before his round.

"It'll be nice to have the service — why not?"

The courses, which charge fees per round, will keep their food primary licences to sell adult beverages from their clubhouses.

Golfers try their luck at Langara Golf Course, which can now sell booze from two golf carts. EMILY JACKSON/METRO

Lenarduzzi, Jillian Harris to spend a night in the cold

Jillian Harris at the Los Angeles premiere of The Proposal held at the El Capitan Theatre in 2009. KEVIN WINTER/GETTY IMAGES

Jillian Harris, will you accept this … sleeping bag?

The Vancouver-based star of ABC's The Bachelorette and Extreme Makeover: Home Edition is trading in her roses and comfy designer digs Thursday night to camp out in the cold to raise money for homeless and at-risk youth.

Covenant House, a charity with a 54-bed crisis shelter in Vancouver, ran its first-ever Sleep Out in New York City last year, but this is the first time the fundraiser will be held in Vancouver. Harris said she was inspired to participate by her pro-snowboarder boyfriend, Justin Pasutto, and a friend who is also taking part.

"I like supporting local causes, and Covenant House is doing something pretty innovative," Harris told Metro via email.

"Sleeping out and talking to the youth makes it more hands-on. Hopefully we inspire Vancouverites to get involved with Covenant House this holiday season."

Harris is one of 20 "executives" who signed up for the parking-garage sleepover. In addition to her "sweetie," she will be joined by Whitecaps president Bob Lenarduzzi, eTalk host Elaine "Lainey" Lui, BCIT president Don Wright, Bootlegger Canada president Chris Phillips and Save on Meats owner Mark Brand.

Their goal is to raise $11,000 each: the cost of fully funding one day and night at Covenant House's crisis shelter.

Thursday night's forecast is calling for a low of 4 C and a chance of showers, and participants will have only sleeping bags and pieces of cardboard to keep them warm.

"I have to say I'm pretty scared," Harris said. "It's gonna be cold. But I know what we're doing is worth it."

To find out how to donate visit covenanthousebc.org/blog. KATE WEBB/METRO

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Emergency preparation. 130 city volunteers trained for disaster response

A disaster-free summer in the city didn't stop the Vancouver Volunteer Corps (VVC) from keeping busy.

Since its inception in July, the VVC has trained 130 volunteers on what to do in a disaster, Vancouver Fire and Rescue Services Deputy Chief Mark Engler told city council Wednesday.

But in absence of the Big One, these generous folks kept an eye on water fountains during the summer and participated in the Celebration of Light, Engler said.

It's crucial to keep volunteers involved so they stay active in the community and don't forget their training, Engler said.

On-duty firefighters train volunteers to perform initial damage assessments and on what steps to take immediately following a disaster, as well as how to help at special large events, such as parades.

Volunteers attend orientation sessions and Level 1 training sessions before they have the option to learn additional skills. They aren't trained to physically intervene but act as information gatherers for emergency responders.

Engler isn't worried about meeting the goal of recruiting 1,500 volunteers by 2015 — 100 people called 311 in the first hour the program launched — but he says retention is key.

EMILY JACKSON/METRO

A lot of help

1,500

The number of recruits the Vancouver Volunteer Corps hopes to gain.

Child porn. Charges laid against former part-time elementary-school teacher

A part-time elementary-school teacher in the Vancouver Island North school district faces child-pornography charges.

But the RCMP and the school district said Wednesday there's no indication any children shown in the evidence are from the Port McNeill area.

RCMP in Port McNeill, on northern Vancouver Island, have announced 45-year-old Timothy Joseph Ouellette faces one count of possession of child pornography and another charge of possession of pornography for the purpose of distribution or sale.

Charges were laid Nov. 9, more than seven months after Mounties raided Ouellette's Port McNeill home and seized several pieces of evidence.

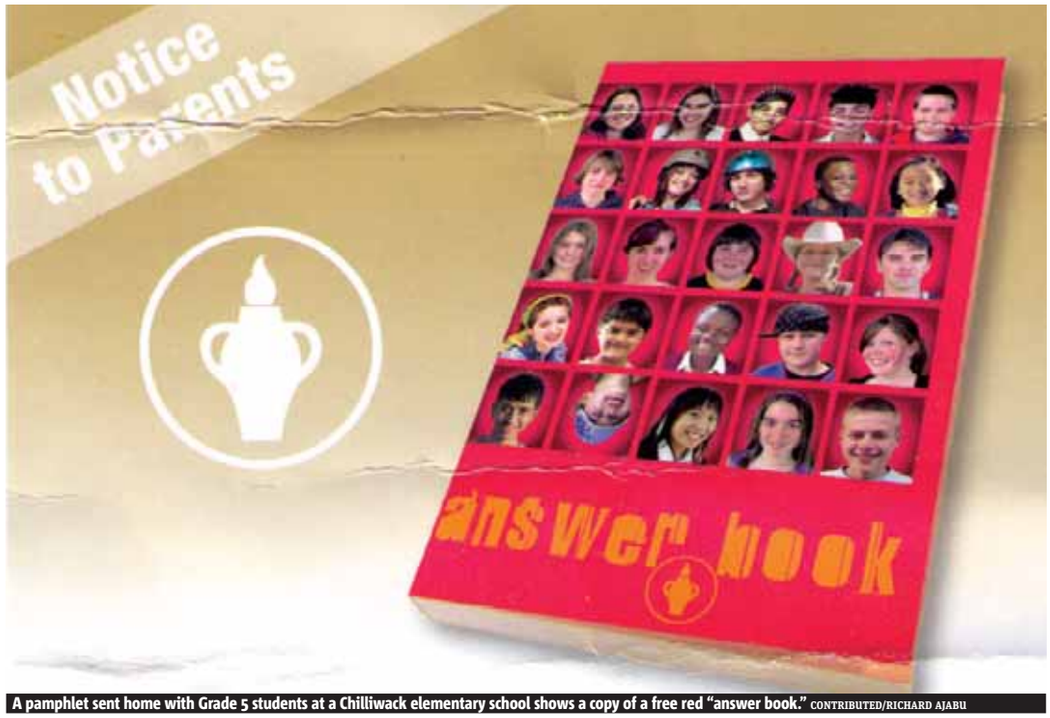
Vancouver Island North School District Supt. Scott Benwell said Ouellette was suspended March 30, at the same time the district was alerted to the investigation.

"The RCMP has confirmed with us that they have no evidence to suggest that any children were victimized locally, and the school district has not been part of the investigation," Benwell said in an interview.

THE CANADIAN PRESS

Contract expired

Benwell said Ouellette's temporary contract has expired and he's no longer an employee with the board.



A pamphlet sent home with Grade 5 students at a Chilliwack elementary school shows a copy of a free red "answer book." CONTRIBUTED/RICHARD AJABU

Complaint prompts nixing of free Bibles

Gideon Youth Testaments. Chilliwack School Board urged to end policy by vexed dad

KATE WEBB
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The Chilliwack School Board has dropped its policy of allowing free distribution of Gideon Bibles to students with parental consent after a vexed father took his concerns to the Ministry of Education.

The district sought legal advice after Richard Ajabu, whose daughter is in Grade 5, complained she had brought home a glossy pamphlet doubling as a consent form, which he characterized as "marketing materials."

For three weeks he sent emails to trustees and the superintendant, urging them to abide by the School Act, which states public schools must be conducted on strictly secular and non-sectarian principles.

The controversial Regulation 518, which was adopted in 1990, stated: "The Board approves the distribution of Gideon Youth Testaments to Grade 5 pupils with parental consent."

District Supt. Evelyn Novak told Metro the board of seven elected trustees passed a motion to delete the regulation Tuesday night because it contravened standard board procedure.

"Regulations are the purview of the superintendant, but in this case the regulation also stated 'the board approves,' and so there was some confusion around the language, confusion around intent, so the board deleted the regulation based on this regulation being an anomaly," she said.

"As it stands right now, because the board has deleted the regulation, there is currently no opportunity for the distribution of Gideon Bibles or the distribution of the consent forms to distribute Gideon Bibles to our students."

The board asked its policy committee to draft a policy on the distribution of materials and report back by March 31, 2013.

Since 1946

Evangelical protestant group Gideons International has been offering free bibles to Grade 5 students in Canada since 1946. Only a couple of school districts in B.C. still allow their distribution in schools.

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Up for grabs. Anti-bullying groups have right to $1M of seized-crime money

The B.C. government says groups needing help to fight bullying can now apply for a share of money from funds seized from the proceeds of crime.

The government says $1 million is up for grabs, and schools, police agencies and community groups can make applications to use some of that money for programs to combat bullying.

The offer follows an anti-bullying summit held by the government on Tuesday in Vancouver in which it announced a website that students can use to report bullying.

Proceeds of crime funds are usually devoted to anti-crime and victim-support services, but Justice Minister Shirley Bond says it's become clear the money can also be used to back community-led efforts to fight bullying.

Proceeds-of-crime grants can now also be used for projects aimed at preventing family violence, violence against women, stopping young people from drifting into crime and other programs.

THE CANADIAN PRESS

Cash, homes, cars

$26.7M

Since 2006 the B.C. government has seized $26.7 million in proceeds of crime, including the forfeiture of cash, homes, cars and other property.

Skill training

B.C. ups tuition help for jobless

The provincial government has increased the amount of tuition funding available to unemployed people looking for skills training in order to get a job.

Jobless people can now apply for up to $7,500 for tuition through the Employment Program of B.C. to cover skills training, up from the previous maximum of $4,000.

Applications for the tuition help can be made through WorkBC Employment Services Centres around the province.

THE CANADIAN PRESS

Population (out of) control? B.C. not considering wolf cull

New draft management plan. Predators are just recolonizing areas where they were wiped out: Report

The B.C. government has no plans for a wolf cull or a bounty in the province, despite concerns in the cattle industry and among some First Nations that the predator population is out of control.

A draft management plan released Wednesday estimates there are 8,500 grey wolves in B.C. now, compared to 8,100 in 1991.

There are areas where the predator populations are at historic highs, but the increase is largely attributed to a recolonization by wolves of areas where they were wiped out in the last century, such as the Kootenay and Thompson regions.

And it found that the number of wolves being hunted annually has increased significantly in recent years.

B.C. released a draft plan for wolf management in the province. FLICKR.COM: USFWS PACIFIC

The draft plan is a balanced approach, said Natural Resources Minister Steve Thomson.

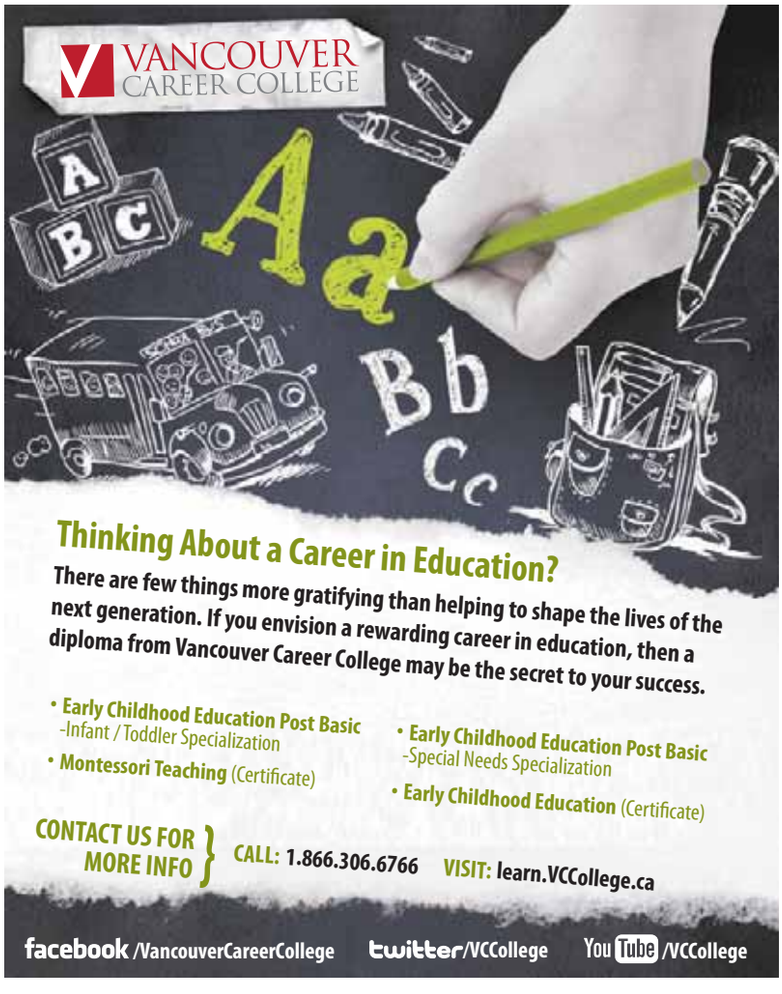
"The issue does generate a lot of emotion, a lot of public feeling and response on all sides," he said in a telephone interview. "There are many who feel we are not taking enough action; there are others who feel that any approach would put populations at risk."

The plan takes a region-specific approach to managing conflicts, he said.

"This plan will provide a foundation and a science-based approach that will help us make those management decisions in the future," Thomson said.

The report makes nine recommendations, most of them focused on improving data collection and tracking of both wolf numbers and wolf kills.

THE CANADIAN PRESS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Politics. All-party B.C. finance committee wants balanced budget in 2013

The British Columbia government's all-party finance committee wants the Liberals to stay on course when it comes to keeping their promise to balance the budget next year.

The six Liberals and four New Democrats on the select standing committee on finance and government say the balanced-budget promise is among the top priorities of the report's 29 recommendations.

The committee held 19 public hearings across the province earlier this fall and received more than 800 submissions and will submit its report to the Finance Ministry.

The committee's chairman, Liberal Douglas Horne, says the committee unanimously supports the goal of balancing the budget, while preparing for when the province returns to the provincial sales-tax system, having abandoned the HST.

THE CANADIAN PRESS

Plan

The committee's recommendations include working with industry and schools and colleges to train more skilled workers, ensuring the carbon tax undergoes a complete review and looking for opportunities to streamline the administration of the PST.

Fatal arson

Inquest finds poor communication

An inquest into the death of a B.C. woman whose house was burned down by her mentally ill son heard there was little communication between police and health experts. THE CANADIAN PRESS

Police

Child-sexual-assault suspect back in B.C.

A man who fled Canada after being accused of sexually assaulting children is now back in police custody in B.C. THE CANADIAN PRESS

It's whales vs. renewables in battle of eco-causes

Environment. Plan to build tidal turbines near entrance to Johnstone Strait causes concern about orca whale habitat

LUKE SIMCOE
Metro in Victoria

An orca family passes by Vancouver Island in August 2009. FLICKR.COM: DRTH80

A proposal to install tidal turbines near the entrance to Johnstone Strait has put two classic environmental causes into conflict.

SRM Projects Ltd. has put forth the plan, but the Nanaimo-based company is being opposed by whale conservationists who say it will affect vital habitat for orca whales.

"The area is used intensively by the whales, and the proposal to put turbines underwater is almost certainly going to be disruptive," says Paul Spong, director of the OrcaLab research station on Hanson Island.

Blackney Passage, near the northern end of Vancouver Island, has been designated as a critical orca habitat and is home to an estimated 260 whales, Spong says. The turbines would introduce unwanted noise to the area and could pose a physical threat to the whales.

"They're under so much pressure," Spong said, noting local whales have to travel greater distances to find food. "It makes no sense to add to that pressure."

SRM Project's Scot Merriam says the turbines are at least a decade away, and would be preceded by lengthy environmental analysis and public consultation.

"We would never promote any undertaking that we know has an adverse environmental impact," Merriam said. "And with the public feedback we've received to date, it's fair to say the Blackney Passage is not the first place we're going to look at installing turbines."

Merriam maintains the turbines would have little to no impact on the orcas, but admits his industry needs to work more on public relations.

"Society is still unaware of tidal technology and we need some time to bring people up to speed and give them assurances that this technology is safe," he said.

According to Merriam, the energy potential of the tides in Blackney Passage is between 20 and 30 megawatts. One megawatt is enough energy to power 1,000 homes for a single hour.

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It's almost like Real Housewives

David Petraeus sent out signals he'd like to stay on for President Barack Obama's second term. But suddenly he was resigning over an extramarital affair. It's a scandal almost like Real Housewives. Follow this cast of characters:

David Petraeus

A four-star general praised for his leadership in Iraq and Afghanistan. Became CIA chief in 2011. Shocked the U.S. by admitting an extramarital affair with Paula Broadwell.

Paula Broadwell

Author, married mom and Petraeus's biographer. Their affair was exposed after Broadwell sent emails to Jill Kelley, warning her to stay away from Petraeus, officials said.

Jill Kelley

Surgeon's wife, mom of three kids, friend of Petraeus and his wife, Holly. A party hostess and social liaison for leaders of the U.S. military's Central Command in Tampa.

John Allen

A four-star Marine general, a top U.S. commander in Afghanistan. Married. The Pentagon is investigating emails involving Allen and Kelley. Some were "flirtatious," say officials.

The shirtless FBI man

And then there's the FBI agent to whom Kelley first complained about disturbing emails. He's been named by The New York Times as Frederick Humphries, 47. It's alleged he once sent her shirtless photos of himself. He passed her complaint to others for investigation.

Four-star follies shock U.S.

Sex scandal. The Petraeus affair grows like a soap-opera plot but, Obama says, poses no security threat — yet

U.S. President Barack Obama made his first public comments Wednesday on the growing scandal around two top four-star generals.

Was national security threatened?

No, said a wary Obama.

"I have no evidence at this point that classified information was disclosed that in any way could have any impact on our national security.''

Meanwhile, the tangled tale that exposed one general's career-ending extramarital affair and another's questionable relationship with a Florida socialite was ballooning to soap-opera proportions.

Five developments:

One: A U.S. official said the army has suspended the high-security clearance of Paula Broadwell, the woman who had an affair with CIA director David Petraeus, triggering his resignation.

Roadblock

Obama had hoped to use Wednesday's news conference, his first since his re-election, to build support for his economic proposals.

- **Stymied.** Instead, the scandal threatens to derail his agenda and complicate planning during a critical time in the Afghanistan war effort.

Two: With media camped at her home, a Florida socialite tied to the scandal asked police for diplomatic protection. Jill Kelley cited her status as honorary consul general for South Korea.

Three: Kelley's pass to MacDill Air Force Base has been suspended, officials said. She now must report to the visitor centre and sign in.

Four: The FBI found classified documents on Broadwell's computer and at her home in Charlotte, N.C.

Five: At least five current and former generals have been reprimanded or investigated for possible misconduct in the past two weeks, reports said. THE ASSOCIATED PRESS

U.S. President Barack Obama steps up to the podium at his Washington, D.C., news conference Wednesday. He said of the Petraeus sex scandal: "I have a lot of confidence generally in the FBI, and they have a difficult job. It's best right now to see how this process unfolds." CHARLES DHARAPAK/THE ASSOCIATED PRESS

Too close

Why a bio can lead to a love affair

The love affair between David Petraeus and Paula Broadwell is an extreme example of the closeness between biographers and their subjects, experts say.

"As with psychiatrists, same with biographers, you shouldn't sleep with your subject," said Blake Bailey, biographer of authors John Cheever and Richard Yates.

Years spent together, as Broadwell had with Petraeus in Afghanistan, can make the biographer's experience intensely personal, sexual or not.

Doris Kearns Goodwin was an aide to Lyndon Johnson who sometimes took notes while the ex-president lay in her bed, a relationship she called platonic and described in her book, Lyndon Johnson and the American Dream. THE ASSOCIATED PRESS

Border rock-throwers spark lethal force outrage

With the border fence looming above them, pedestrians cross a street in Nogales, Mexico, near the spot where a 16-year-old boy was killed by Border Patrol gunfire. The shooting sparked an outcry. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

A pair of Mexican drug smugglers in camouflage pants, bundles of marijuana strapped to their backs, scaled a fence in the middle of the night, slipped quietly into the United States and dashed into the darkness.

U.S. Border Patrol agents and local police gave chase on foot — from bushes to behind homes, then back to the fence.

The conflict escalated. Authorities say they were being pelted with rocks.

One agent responded by aiming a gun into Mexico and firing multiple shots, killing a 16-year-old boy whose family says was in the wrong place at the wrong time.

The Oct. 10 shooting has prompted renewed outcry over the Border Patrol's use-of-force policies and angered human-rights activists and Mexican officials who believe the incident has become part of a disturbing trend along the border — gunning down rock-throwers rather than using non-lethal weapons.

Targets

- **The U.S.** Border patrol says sometimes lethal force is necessary.
- **Danger.** It says its agents were assaulted with rocks 249 times in the 2012 fiscal year, causing injuries ranging from minor abrasions to major head contusions.

The Department of Homeland Security Office of Inspector General has launched a probe of the agency's policies, the first such look at the tactics of an organization with 18,500 agents deployed to the Southwest region near the Mexican border alone.

The Mexican government has pleaded with the U.S. to change its ways.

And the UN High Commissioner for Human Rights has questioned the excessive use of force by Border Patrol.

At least 16 people have been killed by agents along the Mexico border since 2010, eight in cases where federal authorities said they were being attacked with rocks, said Vicki Gaubeca, director of the ACLU's Regional Center for Border Rights.

THE ASSOCIATED PRESS

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Giving back

Canadians more charitable: Poll

An online poll from BMO Harris Private Banking found that 79 per cent of Canadians surveyed had made a charitable donation at some point in the past year, up from just 68 per cent in 2011.

The average donation amount also rose to $557 from $487.

THE CANADIAN PRESS

Stop the spread

French Senate passes Nutella tax

First the French government went after the rich — now it's Nutella.

Despite an outcry in support of the beloved chocolate and hazelnut spread, the Senate passed a measure Wednesday that would triple the tax on palm and some other vegetable oils in the hope of cutting down on obesity.

The "Nutella tax" would affect any foods made with those oils and bring in about 40 million euros.

THE ASSOCIATED PRESS

Crowd-sourcing a cure

Second opinion. Italian cancer patient shares his medical records online, searching for a cure for both body and soul

Salvatore Iaconesi, a 39-year-old Italian artist and engineer, was diagnosed with a brain tumour in early September. He has decided to publish his medical records online and is now trying to crowd-source a cure. COURTESY ORIANA PERSICO

In a few weeks, a team of surgeons will slice open Salvatore Iaconesi's head and attempt to remove the tumour growing inside his brain. But on the Internet, Iaconesi has already opened up his head — and his private medical records — for the world to see.

In early September, Iaconesi decrypted his own medical information and posted his CT scans, MRI images and health records on his website, La Cura.

"Anyone can give me a cure," he wrote in an open invitation.

By publishing his medical information online, Iaconesi is crowd-sourcing a cure for his cancer. But for the 39-year-old Italian artist, hacker and engineer, the "cure" he seeks is not strictly a medical one.

"There are cures for the body, for spirit, for communication," he wrote on his website, which went live on Sept. 10. "Grab the information about my disease, if you want, and give me a cure: create a video, an artwork, a map, a text, a poem, a game or try to find a solution for my health problem."

Tens of thousands have since answered Iaconesi's call and he has received more than 600 poems, dozens of videos and countless testimonials from patients around the world. Artists have also found inspiration in Iaconesi's brain scans and medical data, creating everything from drawings and visual performances to an online model of his tumour that can be printed using a 3-D printer.

Approximately 60 doctors from around the world — Italy, Germany, Brazil, Britain, the United States — have also been in touch, offering medical opinions, expertise and even their own services at a discount. Some are also now in conversation with each other, discussing best strategies and techniques for Iaconesi to beat his cancer.

"We are actually following the combined advice of multiple doctors, internationally," said Iaconesi, who spoke to Torstar News Service through a series of emails and a brief phone conversation. "There isn't a single doctor (who) is handling all this, but rather a network of doctors and professionals, with which we work collaboratively to make our decisions."

TORSTAR NEWS SERVICE

Frustration

In late August, Iaconesi woke up in the hospital and was told he had a glioma, a type of malignant tumour.

- He felt excluded from the medical conversation. One surgeon balked when asked to explain his technique.
- So Iaconesi left the hospital. But first, he paid 35 euros for a CD containing his medical information, trapped in an obscure file format.

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WARNING: Please come out from below your rock if you don't already know, Foodconnect.com's Hopscotch Festival is coming to Vancouver next week. Canada's premium whisky, beer, and spirit festival rolls into Van City starting on Monday Nov 12th and continues until Sunday of the same week.

After 16 successful years, 4 location changes, thousands of different products tasted by more than 100,000 people, surely you know about this amazing educational festival, don't you? If not, please read on… this is an event you do not want to miss.

There are three types of events within the festival, although many are already sold out. The Satellite Events include whisky and beer pairing dinners and a charitable whisky brunch hosted by the Junior Culinary Chefs of Canada. The Master Classes are forty-five minute private intimate tastings hosted by world-renowned speakers who have come in to Vancouver just to host these events!

The anchor event is the Grand Tasting Hall where more than 6000 people will come to sip, taste, learn and schmooze about premium Scotch, Whisky, Beer, and all the other Spirits. There will be 100+ exhibitors and over 350+ different products.

Guests enjoy an international selection of hundreds of products from around the world at the Hopscotch Festival's Grand Tasting Hall.

Adam Bloch, Executive Director of the festival was quoted as saying "I used to love history in school. It was one of my favourite subjects, after recess. As such, it gives me great pleasure to state our historical ticket sales…. 2007. 2008. 2009. 2010. 2011. Sold out. Sold out. Sold out. Sold out. Sold Out! Respectively."

This year's festival is already 90% sold out and will sell out by the time the doors open. Now is the time to buy your tickets. For more Information and to purchase tickets, please go to ***www.hopscotchfestival.com***.

Enjoy!

Warning labels on cigarette packs among world's best

Up sharply. Canada fourth in ranking of 198 countries, up from 15th two years ago

When it comes to warning people about the dangers of cigarettes, Canada's leading cancer researcher says we're not just blowing smoke.

The Canadian Cancer Society says Canada's cigarette packaging bears some of the most prominent health messages in the world. The society says three-quarters of the space on Canadian packaging is now devoted to pictures and text discouraging smokers from lighting up.

In a ranking of 198 countries, Australia took top spot by covering 82.5 per cent of its packages with health warnings, followed by Uruguay and Sri Lanka.

Senior policy analyst Rob Cunningham said much of Canada's progress comes as a result of federal regulations that went into effect on June 19. The new rules require tobacco companies to cover 75 per cent of cigarette packages with pictures depicting the effects of lung cancer and text enumerating the health risks associated with smoking.

A Canadian cigarette pack shows three-quarters of the packaging devoted to pictures and text discouraging smokers from lighting up. DENIS SAVARD/THE CANADIAN PRESS

Some 2011 data from the society suggests that Canadians are heeding warnings to butt out. A survey found that 17 per cent of Canadians identified themselves as smokers, down from 24 per cent a decade earlier.

Canada was the first of the countries surveyed to compel manufacturers to display the graphic images, kicking off a trend that 62 other countries have since followed.

Australia, in particular, has emerged as an international benchmark for tobacco warnings, Cunningham said.

He cited the adoption of plain packaging laws for much of that country's success. Those regulations forbid tobacco companies from displaying logos or other brand identifiers on their packages. Manufacturers went to court to fight the regulations, but lost. Anti-smoking advocates in Canada have urged Ottawa to adopt similar measures, which Health Canada has previously said it has no plans to pursue. THE CANADIAN PRESS

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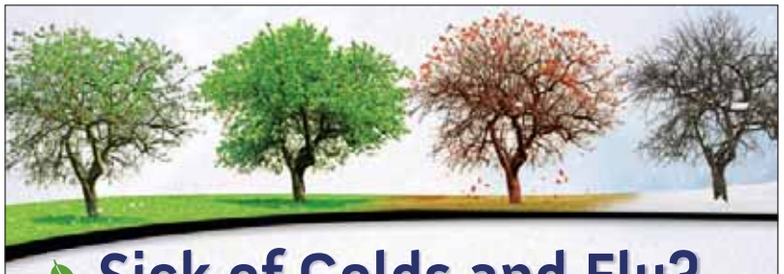

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Family mourns after alleged Mob murder

Family members of alleged Mafia boss Joe Di Maulo prepare to release doves after funeral services Wednesday in Montreal. Di Maulo was murdered in front of his home on Nov. 5 in Blainville, Que., north of Montreal.

RYAN REMIORZ/THE CANADIAN PRESS

Privacy violations

Ombudsman took a back seat on issue: Veterans

The country's veterans ombudsman received nine privacy violation complaints over the last five years, seven of which were handed over to Canada's privacy commissioner — a move questioned by a growing number of ex-soldiers.

A high-profile advocate, who claims his medical files were raided, wants the federal solicitor general to investigate whether it was appropriate for ombudsman Guy Parent to "take a back seat" on the issue.

THE CANADIAN PRESS

'Intelligence source'

PCO spent $463k monitoring ethnic media

Citizenship and Immigration Canada isn't the only department spending thousands of dollars keeping an eye on the country's ethnic media. The Privy Council Office spent $463,300 last January on a two-year contract with the same ethnic media monitoring company that Citizenship has paid almost $750,000 over the past three years.

THE CANADIAN PRESS

Liberal race. Ex-MP Martha Hall Findlay seeks federal leadership ... again

The federal Liberal leadership race has another high-profile candidate.

Former MP Martha Hall Findlay, who also sought the party's top job in 2006, came forward Wednesday on the first official day of the leadership campaign.

"In 2006, there were some who questioned my run for leadership. But soon most were calling it gutsy. Before long people were coming up to me all the time to say how much I inspired them," Hall Findlay said as she made her announcement in Calgary.

"We need to take on (NDP Leader) Thomas Mulcair right where it counts and where he's the weakest — the economy. We need to take on (Prime Minister) Stephen Harper, take the fight to him, not just wait and react defensively to the next round of attack ads."

Hall Findlay joins Justin Trudeau, who announced his candidacy six weeks ago, and four others.

They include Toronto lawyer Deborah Coyne, Vancouver Crown prosecutor Alex Burton, Ottawa lawyer David Bertschi and David Merner, former president of the party's British Columbia wing. The Liberals are to choose a new leader in April. THE CANADIAN PRESS

Martha Hall Findlay announces that she will be a candidate in the federal Liberal leadership race during a press conference in Calgary on Wednesday.

LARRY MACDOUGAL/THE CANADIAN PRESS

People gather around the wreckage of the car in which Ahmed Jabari, head of the Hamas military wing in Gaza City, was killed on Wednesday. ADEL HANA/THE ASSOCIATED PRESS

Israel kills Hamas military chief

Pillar of Defence.
After assassination, Israel says a ground operation in Gaza is a 'strong possibility'

Israel carried out a blistering offensive of more than 20 airstrikes in the Gaza Strip on Wednesday, assassinating Hamas's military commander, Ahmed Jabari, and targeting the armed group's training facilities and rocket launchers in Israel's most intense attack on the territory in nearly four years.

Israel said the airstrikes, launched in response to days of rocket fire out of Hamas-ruled Gaza, were the beginning of a broader operation against the Islamic militants code-named "Pillar of Defence." Israeli defence officials said a ground operation was a strong possibility in the coming days, though they stressed no decisions had been made, and much would depend on Hamas' reaction. THE ASSOCIATED PRESS

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Facebook prompts delight, disgust with couples pages

Forced togetherness.
Users can't opt out of new mandate that establishes separate page for listed couples

An example of the controversial new couples pages. SCREENSHOT

Facebook gives and Facebook takes away, version 3.0.

The global behemoth of social media has introduced an automatic "couples" page that has triggered the same instant revulsion and joy of its past changes.

Facebook introduced the "couples" page last Thursday as "a new look for the Friendship page." If you and someone you are in a relationship with list each other by name in your respective your statuses, Facebook has already created a page just for the two of you. To see it, go to facebook.com/us.

The page collects all of your joint tagged pictures, lists your mutual friends and tracks your shared posts.

"Makes me want to retch," Emma Barnett, women's editor of Britain's Daily Telegraph, felt compelled to say.

"This is super lame. I am not a combined unit with my loved one," wrote Liz Remp of Ann Arbor, Mich., on Facebook.

"If this signals an end to all the JohnDoe JaneDoe accounts, I'm all for it," said Gabriel Crutchfield of Knoxville, Tenn.

A Facebook page popular in Hong Kong, Profiles for Couples, has been lobbying for this very "road to virtual unity" since 2009.

Couple-page fan Tiffany McGee of Cedartown, Ga., joined the groundswell in 2010, explaining "It seems easier to me to have a page with my husband. His friends are my friends and vice versa! It would be nice just to have one page to edit :)"

As with other Facebook mandates, there is no opt-out.

TORSTAR NEWS SERVICE

Edgerank

Facebook is often accused of needless meddling. In September, the company strengthened its filter for old or irrelevant posts.

- One agency discovered the reach of 15,380 of its posts had dropped by half after the changes.
- The wound was re-opened Monday when a Scottish developer revealed a workaround.

What do you think of Facebook "couple" pages? Tweet us your thoughts at: @vancouvermetro

Inuktitut. Inuit people missing sex terminology

It burns. It itches. It stings and it's sore.

The doctor tells you it's chlamydia, but how can you fully understand what that means if your language doesn't have the right words?

In Canada's 53 Inuit communities, where more than 35,000 people speak Inuktitut as a first language, the dearth of specific terms and phrases relating to sexually transmitted infections and diseases like HIV/AIDS is seen as a barrier to public health.

That's why Pauktuutit Inuit Women of Canada has released a glossary of terms to fill in the blanks.

The organization decided to address the troublesome sexual semantics after the issue was raised at a health forum in Iqaluit, Nunavut, in 2009. Even words for major diseases lacked clarity, said Geri Bailey, Pauktuutit's manager of health policy and programs.

"Cancer and HIV translate the same way in some dialects: you have a terminal illness and you're going to die," she said.

TORSTAR NEWS SERVICE

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Rosita, LPN

Throughout BC, nurses are taking a moment to celebrate.

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Ill woman denied an abortion dies

Irish debate. A woman suffering during pregnancy died in hospital from blood poisoning

The debate over legalizing abortion in Ireland flared Wednesday after the government confirmed that a woman in the midst of a miscarriage was refused an abortion and died in an Irish hospital after suffering from blood poisoning.

Prime Minister Enda Kenny said he was awaiting findings from three investigations into the death of Savita Halappanavar, a 31-year-old Indian woman who was 17 weeks pregnant.

Her case highlighted the legal limbo in which pregnant women facing severe health problems can find themselves in predominantly Catholic Ireland.

Ireland's constitution officially bans abortion, but a 1992 Supreme Court ruling found the procedure should be legalized for situations when the woman's life is at risk from continuing the pregnancy.

Five governments since have refused to pass a law resolving the confusion, leaving Irish hospitals reluctant to terminate pregnancies except in the most obviously life-threatening circumstances.

Legal in England

The vast bulk of Irish women wanting abortions, an estimated 4,000 per year, travel next door to England, where abortion has been legal on demand since 1967. But that option is difficult, if not impossible, for women in failing health.

Halappanavar's husband, Praveen, said doctors at University Hospital Galway in western Ireland determined she was miscarrying within hours of her hospitalization for severe pain on Sunday, Oct. 21.

He said over the next three days, doctors refused their requests for an abortion to combat her surging pain and fading health.

He said his wife vomited repeatedly and collapsed in a restroom that night, but doctors wouldn't terminate the fetus because its heart was still beating.

The fetus died the following day and its remains were surgically removed. Within hours, Savita was placed under sedation in intensive care with blood poisoning. By Saturday, her heart, kidneys and liver had stopped working. She was pronounced dead early Sunday, Oct. 28.

THE ASSOCIATED PRESS

Indian national Savita Halappanavar died after being refused a termination of her pregnancy at a hospital in Galway, Ireland. HANDOUT/GETTY IMAGES

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Canadians' summer spending spree

Did the warm weather loosen our collective purse strings? According to a report released Wednesday, Canadian debt loads grew at their fastest pace in two years during the summer — an alarming rate, given that officials continue to warn consumers that household spending is out of control. Credit reporting agency TransUnion's latest quarterly analysis of Canadian credit trends found average consumer non-mortgage debt jumped 4.6 per cent year-over-year in the third quarter to an average of $26,768. GETTY IMAGES FILE

Prentice calls for clarity on state-owned investment

Nexen deal. Ex-Tory cabinet minister says controversy has been building for years

Former Conservative cabinet minister Jim Prentice says strict rules on governance and investment transparency are needed if state-owned enterprises are allowed to move into Canada, but that the country cannot afford to turn its back on such opportunities.

In a speech to the Oil and Money 2012 conference in London, Prentice said current turbulence over investments by state-owned enterprises in Canada may have caught some in the international community by surprise.

However, Prentice, now a senior executive with Canada Imperial Bank of Commerce, said the controversy has been building for years. It recently came to a head with a couple of major takeover deals — including the $15.2-billion bid by state-owned China National Overseas Oil Corp for Nexen Inc.

The bid, made last August, is still under review by Ottawa under the Investment Canada Act, which requires that major takeovers by foreign concerns are of "net benefit" to Canada.

More recently, the federal government turned thumbs down on a $6-billion offer by Malaysia's state-owned oil company, Petronas, for Canada's Progress Energy Resources. Petronas still hopes that deal will eventually be approved.

"This is a pivotal time for the Canadian government," Prentice told his audience.

He said it would be "patently unwise" to turn down investment from countries like China, "particularly in circumstances where the transactions do not imperil Canadian values or environmental and labour laws," he said.

"Canada is aggressively engaged in diversifying its energy markets with an eye to Asia, and with good reason," he said.

However, Prentice cautioned that it would be "naive" to think that the acquisition of Canadian energy resources by foreign governments or their surrogates would not raise public policy questions.

"While Canada is most definitely open for business, it is not for sale," he said.

THE CANADIAN PRESS

Quoted

"This is a pivotal time for the Canadian government."

Jim Prentice, former Conservative cabinet minister, in a speech to the Oil and Money 2012 conference

Home improvement

Shareholder battles for control of Rona's board

A battle for control of home renovation company Rona was formally launched Wednesday after the company's second-largest institutional shareholder said it was seeking to sweep out the existing board and install new directors.

Invesco Canada, which owns about one-tenth of Rona Inc. shares, issued the call for change after the chain reported dismal financial results last week and its long-time chief executive resigned.

THE CANADIAN PRESS

Former Hollinger exec reaches plea agreement with regulator

Conrad Black's former business partner David Radler has been barred from acting as an officer or director of a public company in Ontario for his role in the fraud at Hollinger newspaper group, but has escaped financial penalty.

The plea agreement approved Wednesday saw the Ontario Securities Commission withdraw all charges against Radler.

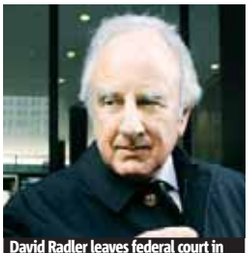
Radler, who lives in Vancouver and oversees a privately held newspaper group, was not at the 15-minute hearing in downtown Toronto. "Mr. Radler is moving on with his life," said his lawyer, David J. Martin.

The ban is indefinite, although Radler can apply to have it reviewed at any time.

OSC Commissioner Christopher Portner said he was "satisfied" with the joint-agreement and that it kept in line with the regulator's mandate of protecting Ontario's capital markets.

Radler is also prohibited from becoming a registrant, employee, director or officer of a registrant or an affiliated public company in Ontario. He must also refrain from directly or indirectly trading or acquiring securities related to Hollinger Inc.

Wednesday's deal is related to charges originally filed in March 2005 against Radler, Black and Hollinger Inc., which at one time controlled a newspaper empire that operated in Canada, the United States, Britain and elsewhere.



David Radler leaves federal court in Chicago in 2007. THE ASSOCIATED PRESS FILE

THE CANADIAN PRESS

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New Wal-Mart subscription service goes after the ... foodie market?

Mail-order munchies. Pumpkin souffle mix, white cheddar popcorn and dark-chocolate quinoa bars are among items being sent out to customers this month

Wal-Mart Stores Inc. has a new mail subscription service in the U.S. called Goodies. For a monthly fee, customers get a box of five to eight sample-size food items that are not currently carried on Wal-Mart's shelves. WAL-MART/THE ASSOCIATED PRESS

Wal-Mart Stores Inc. on Wednesday will officially launch a mail subscription service, called Goodies, that lets U.S. shoppers discover new foods from the comfort of their homes.

For a monthly fee of $7 that includes tax and shipping, customers get a box of five to eight hand-picked, sample-size food items, ranging from organic to ethnic products that are not currently carried on Wal-Mart's shelves. The world's largest retailer began testing the service three months ago and so far has 3,000 subscribers. For November items include pumpkin souffle mix, white cheddar popcorn and dark chocolate-infused quinoa bars.

Wal-Mart told reporters in late May that its research division — Walmart Labs — was creating a food subscription service, but the company didn't offer many details.

It works like this: users can sign up for the service at goodies.co. The monthly price is almost half of the total value of the items if they were purchased separately, according to Wal-Mart. If customers like the products, they can purchase full-size versions on the Goodies Co. website. Goodies has also created a social community online where subscribers can post reviews to earn loyalty points. The points can be redeemed in the future for items in the store.

Ravi Raj, vice-president of products at San Bruno, California-based Walmart Labs said it wanted to start a subscription service for food because it is "inherently very social."

"People love to talk about new food products," Raj said.

Wal-Mart is also looking to use Goodies as a way to spot food trends in its stores. "Wal-Mart is the largest grocer but there's room for us to innovate," Raj said. If the company builds a viable business, that's "super valuable for Wal-Mart," he added.

THE ASSOCIATED PRESS

Subscription services

- Over the past several years, the number of subscription services has grown and includes purveyors of everything from socks and underwear to beauty products.

Market Minute

DOLLAR 99.62¢ (-0.19¢)

TSX 11,929.79 (-204.87)

OIL $86.32 US (+94¢)

GOLD $1,730.10 US (+$5.30)

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Dow Jones: 12,570.95 (-185.23)

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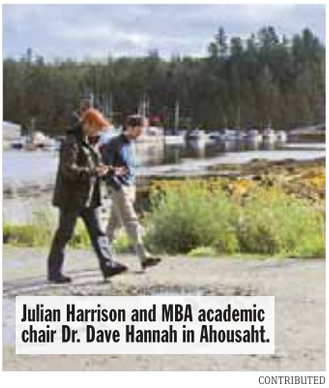
The Beedie MBA program produces well-rounded graduates like Julian Harrison, whose internship as part of the MBA program sees him engaging with First Nations communities on Vancouver Island.

"The internship isn't what people would normally expect from someone who has just completed an MBA, but it has challenged me to make use of all the tools I learned in the program," Harrison says.

Harrison's role sees him acting as a consultant for the Nuu-chah-nulth people as they seek to implement a new tourism initiative. Located on the west coast of Vancouver Island, the community hopes to attract more tourism business to the area. Unsure of how to go about doing so, they turned to Harrison for assistance.



Julian Harrison and MBA academic chair Dr. Dave Hannah in Ahousaht.

CONTRIBUTED

"The role is essentially a consultancy one, but with a difference," Harrison says. "I don't wear a suit to work, but I engage with these First Nations communities to find out the challenges they face and make recommendations for business solutions. There has been a lot of cross-cultural learning — I have learned a lot and I think I've given a lot back to the community."

A PENCHANT FOR CATS

HE SAYS...
John Mazerolle
metronews.ca

I have a deep, dark secret to reveal, as difficult to cough up as a hairball: I like house cats.

In this world of chronic cat snugglers and billionaire Instagram founders, that might not seem like a source of shame. But embracing kitties goes against all my instincts; it's as off-putting to me as stroking a tabby in the wrong direction.

I've always said I hate cats. Even my Twitter bio says so, and if you can't trust Twitter (the microblog of record) what can you trust?

But as I age my kitty-rage is abating, purr by purr.

My frosty feelings toward felines have been perfectly valid, of course. It's well documented that cats care more about themselves than us, and I haven't dealt well with that constant level of rejection.

If there was a Lassie/Littlest Hobo-type show called The Wandering Cat, he'd just come across a person trapped in a burning car or a kid stuck down a well every week, then chuckle to himself and move on.

Like most humans, I require more validation than cats can offer. If you ever needed an argument against the religious belief that everything on Earth is here for the benefit of man, look no further than Mr. Cat. We've clearly been put here for him. God is a cat.

And an Old Testament God at that: Make no mistake, kitties are killers. Everything they do — the constant cleaning, the claw maintenance, the yarn-based paw-eye-co-ordination training — is done to make them the most efficient instrument of slaughter possible. I can only assume their instinct to lie on keyboards comes from a long history of sending bird and mice families letters of condolence.

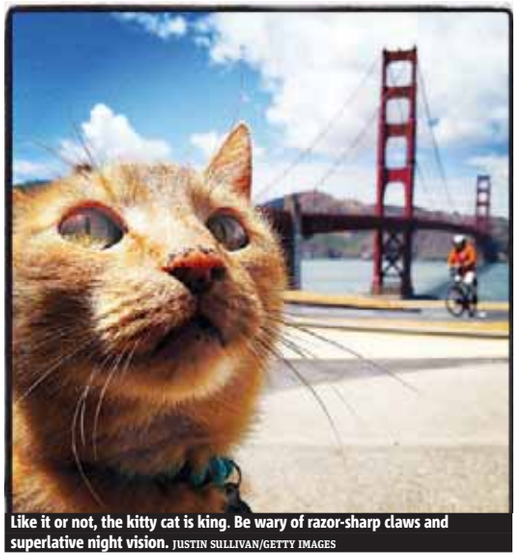
And, fair or not, I've always compared felines to dogs, whose whole purpose on Earth is to, a), make clear how incredibly excited they are to know you and, b), lick their nether regions with vigour. This probably also had hunting purposes once, but now it's pretty clear the dogs just enjoy crotch cleaning. I can get behind this.

I never gave cats a fair shake, because animal-rights groups say you shouldn't do that. But decades of nuzzles and leg rubs and purrs have reached me, I guess.

I still don't like aggressive cats — Siamese are clearly Satan-Cats — but I don't judge dogs based on pit bulls or humans based on the guy in the bank line picking his nose, so fair's fair.

There was never a Special Moment that put cats in my good books. It just happened, after years of surreptitious scratches behind the ear. It had always irked me that cats want to be in control, but I've decided to let them if it works out in the end.

I've learned to be the bigger pussy. It's what The Wandering Cat has taught me.



Like it or not, the kitty cat is king. Be wary of razor-sharp claws and superlative night vision. JUSTIN SULLIVAN/GETTY IMAGES

Black eye in the night sky

TOURISM QUEENSLAND/THE ASSOCIATED PRESS

Watch the skies

Lights out in Australia

Australia's first total solar eclipse in more than a decade was visible Wednesday. The spectacular event was watched by enthusiastic crowds, with more than 50,000 flocking to Queensland, the site of the best views.

The eclipse cast a 150-kilometre shadow over northern Australia, spreading darkness over the region, lasting over two minutes. METRO

No. 1 eclipse fan

"I was thinking, 'Are we gonna see this?' And we just had a fantastic display, it was just beautiful."

Terry Cuttle of the Astronomical Association of Queensland
Cuttle is the most prominent local eclipse enthusiast. He has witnessed more than 10 of these events.

One more left

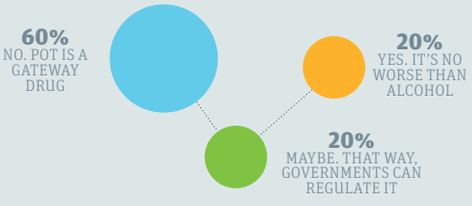
This was the third of four eclipses in 2012, down from six in 2011.

- **May 20 – Annular solar eclipse.** The moon partly covered the sun for more than three hours on a path visible from China, Japan and parts of North America.
- **June 4 – Partial lunar eclipse.** Moon partly hidden and turned red by reflected sunlight. The best views were in Western Canada.
- **Nov. 14 – Total solar eclipse.** Travelled back to Nov. 13 as it finished close to the coast of South America. Lasted up to four minutes.
- **Nov. 28 – Penumbral lunar eclipse.** The last eclipse will see the moon partly hidden by shadow and tinged red. Australia, East Asia and Hawaii will have the best viewing positions.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should Canada follow some U.S. states in legalizing marijuana?



Twitter

@sixbeamers: Wonder if Calgary Stampeders will suspend Nik Lewis as Lions did with Khalif Mitchell for inappropriate Twitter comment? Uh, not likely.

@CFL_News: Nik Lewis fined by CFL for inappropriate tweets about OJ Simpson #Calstampeders #CFL

@sharongregson: Tell the Minister we need $10/day childcare Plan MT "@MaryPolakMLA: What is your family's biggest challenge? #bcpoli"

@MayorGregor: Happy Diwali! #Vancouver City Hall is lit up in red & yellow to celebrate the festival of lights until Nov 14

@Bmakarenko: Another sunny day in gorgeous Vancouver.

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Snow Queen to heat up stage at Granville Island

Dance. The Karen Flamenco Company brings Hans Christian Andersen's Snow Queen to Vancouver this weekend

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Flamenco might not be the first thing that pops into your mind when thinking of snowy, winter-themed productions.

But taking southern Spain's sizzling, sexy rhythmic dance and setting it against a backdrop of icy goodness is, in the eternal words of Paris Hilton, "kind of hot."

Enter the Karen Flamenco Company and Snow Queen, the famed fairy tale by Hans Christian Andersen first published in 1845.

If you're unfamiliar with the story, here it is in a nutshell: An evil troll makes a magic mirror that distorts the appearance of what it reflects — magnifying only the bad and ugly things so they appear even worse than reality.

Sounds like a regular mirror to me. But I digress.

A young boy subsequently falls under the nefarious goblin's spell and becomes a captive of the Snow Queen, and his friend Gerda must rescue him with the help of a group of very eclectic friends.

Joining the Karen Flamenco Company will be a cast of classical Spanish and traditional flamenco musicians.

Snow Queen heats up tomorrow (8 p.m.) and Saturday (3 and 8 p.m.) at the Granville Island Stage (1585 Johnston St.)

Tickets: $45. Visit KarenFlamenco.com for more information.

Enjoy a flamenco performance of Snow Queen this weekend. SUBMITTED/DAVID COOPER

Other happenings

- **Santaland Diaries.** All you need to know about Santaland Diaries is in the first sentence of the Arts Club's press release: "True confessions of an elf." Well, that's not entirely true. You should also know that it's a short story written by David Sedaris who, before he became a famous humourist, worked as an elf at Macy's department store. And it's a one-man show starring Ryan Beil. From Nov. 22 to Dec. 22. And Tickets range from $25 to $35 and can be bought at ArtsClub.com.

  OK, so in fact there are several things you need to know about it. When I said "all you need to know" I meant it in a you-had-me-at-hello kind of way. So there's that.

- **PuSH.** The performing arts festival PuSH is pushing it again with more than 160 performances on tap for its 2013 event, which runs from Jan. 15 to Feb. 3. It's eclectic, eccentric, and you should check it out. A full list of performances and information about tickets and passes is available at PushFestival.ca.

Share your HALLS. Not your cough.

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We'll all feel better.

Dealing with the pressures of young fame

Twilight. With the release of the final film, the stars look back on how the personal costs of fame have affected them

Taylor Lautner, left, Kristen Stewart, Stephenie Meyer, and Robert Pattinson get to go back to a normal life as Twilight ends. MATT SAYLES/THE ASSOCIATED PRESS

Kristen Stewart and Robert Pattinson sit side by side on a sofa at the Four Seasons hotel, discussing the end of the five-film project that made them famous and brought them together.

Twilight rocketed both to superstardom, and their real-life romance only propelled them further. With Friday's release of the final film in the franchise, The Twilight Saga: Breaking Dawn — Part 2, the young actors bid farewell to the worldwide fantasy sensation, but not to the tabloid attention they garner wherever they go.

Dedicated Twi-Hards were devastated when Stewart admitted in July to cheating on Pattinson in a "momentary indiscretion" with her married Snow White and the Huntsman director. Bella and Edward, er, Stewart and Pattinson briefly split, which not only threatened to jeopardize marketing for the final Twilight film, but unraveled the real-life element of the vampire love story.

Now reunited, the pair finish each other's sentences during a recent interview as they talk about how much their lives have changed since the first Twilight movie was released in 2008.

"After the first one, I mean, it's a different world you're living in," says Pattinson, 26.

"Also, we're at that stage of life when things are shifting anyway," adds Stewart, 22, who was just 17 when she first played Bella Swan.

Global fame makes growing up challenging, they say, acknowledging they've become more insular.

"It's a really weird thing because you kind of have to hide," Pattinson says, "and hiding really destroys the thing which, for one thing..."

Stewart interjects: "That fuels you as an actor."

"Yeah. It destroys your fuel," he continues, "and also it destroys — you get to the point where you start to lose interest in things because you spend so much time..."

"Guarding," Stewart says.

"Yeah, and that's your world," Pattinson says. "Your world gets smaller. There's a massive contraction. And the weirdest thing is the more you contract it, the more the (public) interest goes up. It's so crazy. There's no way around it. You're either on a 24-7 reality-TV show, or people think you should be."

"No, it's hilarious," Stewart says, not looking like she finds it very funny. "Either way, people are like, 'Ugh. Famewhores.'"

But she has wanted every Twilight film to be successful and knows it's not popular to complain about the personal costs of fame.

Director Bill Condon, who began working with Stewart, Pattinson and Taylor Lautner in 2010, says the young megastars understand the pressures of the spotlight.

"They appreciated the good stuff about it, they were able to kind of glide through the stuff that wasn't so good, and, really, they're three very grounded human beings who really just, I have to say, matured into better versions of themselves," Condon said.

THE ASSOCIATED PRESS

Quoted

"Your world gets smaller. There's a massive contraction."

Robert Pattinson
Talking about the price of fame.

TwiHards, test your vampire knowledge

Could you be a Cullen? You've read the books and seen the films, how much do you really know?

MICHELLE CASTILLO
Metro World News in New York

1. For their honeymoon in The Twilight Saga: Breaking Dawn: Part 1, Edward takes Bella to Isle Esme. What is the real name of the closest Brazilian town where the scenes were filmed?
A) Ilhabela, Ilha de Sao Sebastiao in the Brazilian state of Sao Paulo
B) Paraty, Costa Verde in the Brazilian state of Rio de Janeiro
C) Breves in the Brazilian state of Para
D) Sao Jose de Ribamar, Sao Luís Island in the Brazilian state of Maranhao

2. Carolina Herrera designed Bella's wedding dress for the movie. How many buttons are on the back of the dress from the top to the hemline?
A) 107
B) 235
C) 730
D) 152

3. Who was Stephenie Meyer's first choice to play Edward Cullen?
A) Henry Cavill
B) Ryan Gosling
C) Chase Crawford
D) Zac Efron

4. What is the name of the beer that Charlie drinks in Twilight?
A) Rainier Beer
B) Pike Beer
C) Pyramid Ale
D) Red Hook Pilsner

5. What are the main differences between the Cullen family crest in the film and the Cullen Coat of Arms in real life?
A) There's a lion and no sheaf of wheat on the movie crest.
B) There's a lion and no sword on the movie crest.
C) There's a lion and a lamb on the movie crest.
D) There's a lion and a fleur de lis on the movie crest.

Answers

1. B
2. D
3. A
4. A
5. A

- **0 right.** You call yourself a fan?
- **1-2 right.** You might have intimate vampire knowledge, but don't expect to join the family anytime soon.
- **3-4 right.** It's time to get out of the movie theatre and into the great outdoors. You're starting to sparkle in the sun.
- **5 right.** Scarier than the Volturi, you are.

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Hey Jude, it's not so bad — take repression — and make it better

Anna Karenina.
Jude Law talks about being cuckolded and stoic

NED EHRBAR
Metro World News in Hollywood

In Joe Wright's imaginative take on Anna Karenina, Jude Law turns in a career-best performance as Alexei Karenin, the cuckolded husband of Tolstoy's titular heroine (played by Kiera Knightley). In our exclusive video, Law talks to Metro World News about playing repressed — and how his character is definitely not a wife-beater.

I wanted to first of all talk about how you take on a character who's so... I wouldn't say "repressed,"
but...
No, repressed is right (laughs).

You're keeping every emotion inside. Is that frustrating to play?
No, because the frustration when you're playing a part is not feeling that you're getting the right support or information from the director, and Joe [Wright] was really clear, and we talked endlessly in preparation about his repression and his severity and also his almost introspection. He's a man who thought his way through life and didn't feel. Like, he had to thaw his heart in order to understand what it was going through once this affair began and dragged him into the world of feeling, you know? There were strict rules, if you like, that I applied to myself. And when you're given such a bold and visual universe to play in, such as the one that Joe created for us, that can sometimes be very straightforward. You apply them, you stick to them and you hope that people find something whole and real in it.

Can you give me some examples of those rules?
I liked the idea that he followed only straight lines. Everything stayed together. I tried to almost minimalize use of facial expressions. I didn't want him to raise his voice. So there were scenes of huge emotion and anger, but I think if you listen he never raises his voice once. And there's a stillness to him — apart from the knuckle-cracking, which is his sort of one expression of irritation and frustration.

That became terrifying by the end of the movie.
Did it? Someone said to me, yeah, yesterday they thought that when I cracked my knuckles I was going to hit her. I was like, this guy is barely alive. He's not about to hit his wife.

Were you actually cracking your knuckles, or was that all foley?
I was initially. Take four, they weren't making much noise, so a lot of it is foley.

Well, you have to let them build back up again.
That's right.

Exclusively online

- **Watch.** Metro's Ned Ehrbar chat with Jude Law at metronews.ca/scene

Anna Karenina opens in theatres November 30. HANDOUT

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Blond gets a bang out of starring on hit nerd show

Funny, not a dummy.
Kaley Cuoco will always be a comedy gal at heart

"I know this sounds like it's not true," says Kaley Cuoco, "but as huge as the show is, it's just part of my life."

The Big Bang Theory is huge all right. Now in its sixth season (airing Thursdays on CBS at 8 p.m. EST), it reigns as TV's hottest sitcom.

As virtually every viewer knows by now, Big Bang centres on a gaggle of geeky Cal Tech scientists, chief among them Sheldon (Jim Parsons) and Leonard (Johnny Galecki), apartment mates who, by great good sitcom fortune, live across the hall from Penny, played by Cuoco. Penny aspires to be an actress but pays the rent by waiting tables at a Cheesecake Factory.

Unlike the boys, Penny is no genius. But neither is she a dumb blond, which is key to the genius of Big Bang.

Kaley Cuoco says she was never one to take herself too seriously, a trait that has proved very useful in her role as Penny on Big Bang Theory.
THE ASSOCIATED PRESS

"She's obviously not book-smart," says Cuoco, "but she's street smart and good-hearted and can make fun of herself. The producers never made her ditzy. Maybe she doesn't always get what the guys are talking about. But in that way she represents most of the world."

It was pretty smart to make Penny the "normal" character through whom the audience can enter the abstruse, brainy realm. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Donald Trump. ALL GETTY IMAGES

Donald Trump continues to address the big issues

Offering his thoughts on the presidential election — and how the U.S. is in need of a "revolution" — isn't apparently enough for Donald Trump, who's now using his Twitter account to weigh in on other weighty matters. For instance, when it comes to Twilight co-stars Robert Pattinson and Kristen Stewart and their recent reconciliation, Trump apparently has little faith in Stewart's fidelity.

"After Friday's Twilight release, I hope Robert Pattinson will not be seen in public with Kristen," Trump wrote. "She will cheat on him again!"

The tweet immediately drew the ire of the Twilight fan base, so Trump next took his case directly to Pattinson, with a tweet.

"Robert, I'm getting a lot of heat for saying you should dump Kristen — but I'm right."

The Word

Elmo puppeteer cleared of accusations

The 23-year-old man who claimed he was only 16 when he had a sexual relationship with Elmo puppeteer Kevin Clash has recanted his claim, according to the Los Angeles Times.

The unidentified accuser "wants it to be known that his sexual relationship with Mr. Clash was an adult consensual relationship," a statement from his attorney reads.

Clash had taken a leave of absence from Sesame Street when the allegations made headlines earlier this week.

"I am relieved that this painful allegation has been put to rest," Clash says in a statement. "I will not discuss it further."

The same goes for Sesame Workshop, the company behind the long-running children's show.

"We are pleased that this matter has been brought to a close. We are happy that Kevin can move on from this unfortunate episode," the company's statement reads.

Twitter

@TheEllenShow
The guys from @OneDirection told me what they're looking for in a girlfriend. I had 5,000 applicants ready.

@ChristianSlate4
I'm just quietly living my life. Watching the roomba suck up all the cat hair.

@oliviawilde
Note: don't over-indulge at the Meatball Shop just so you can ask the waiter how he likes his balls eaten.

@ConanOBrien
Fall is in the air. No wait, that's car exhaust. Still, it's a more autumnal-smelling car exhaust.

Brad Pitt and Angelina Jolie

Pitt and Jolie shut down restaurant for their kids

Brad Pitt and Angelina Jolie know how to show their kids a good time when they visit Pitt's parents and it involves letting them run wild at local restaurant Arris' Pizza, according to Us Weekly. "The place shuts down for the entire night and the kids raise a ruckus. They jump on tables and even throw food at each other," a source says, adding that Pitt and Jolie like to leave the nannies at home and "let the kids enjoy themselves" for the evening. "Brad and Angelina just sit there and talk to one another while the children run around in circles."

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Left to right: A wine-soaked pout from Chanel's new holiday campaign, Rihanna's must-copy dramatic lip at Victoria's Secret and burgundy looks nailed by Naomie Harris and Sara Blomqvist.

Burgundy boom

Beauty. Shades of Merlot and oxblood are a runway-endorsed beauty trend. But it was Rihanna's recent performance at the Victoria's Secret show that has us really craving a dark lip.

ROMINA MCGUINNESS
life@metronews.ca

Choose the shade to best flatter your skin tone

This bit of advice will keep you from looking like a washed out Goth. "If you have very light skin, avoid a dark burgundy. It's too heavy on the face," says makeup guru Tanya Burr, who is most known for her YouTube tutorials on how to re-create celebrity looks.

"People with olive complexions can pull off darker shades because it won't be such a shock against the skin. And for dark skin, vibrant shades of burgundy, such as MAC's lipstick in Rebel, are most flattering," she adds.

Avoid textures that are too matte or too glossy

It's not just the shade of burgundy you need to get right, but the texture. "Completely matte, dark lipsticks look too heavy," Burr says. "And ones that are too glossy are really hard to work with because they end up all over your teeth." Go for a satin, creamy finish for the best results.

Balance a heavy lip with a subtle, smoky eye

Balance is the operative word here. "Because burgundy lips are so heavy, you don't want to go full-on, applying lots of dark eye makeup," Burr says. "On the other hand, I wouldn't wear a naked eye either because otherwise the eyes and the lips will be really unbalanced. Don't think, 'I'll just put on mascara.' You'll have no definition on the eyes and be all lip," she adds. Instead, she recommends trying a subtle, soft brown smoky eye as a way to round out the drama of the lip.

Shades of red

Chanel
Rouge Allure Luminous Intense Lip Colour in 108 Déterminée
$34, chanel.com

Revlon
Super Lustrous Lipstick in Black Cherry,
$8, revlon.com

MAC
Lipstick in Rebel,
$15, maccosmetics.com

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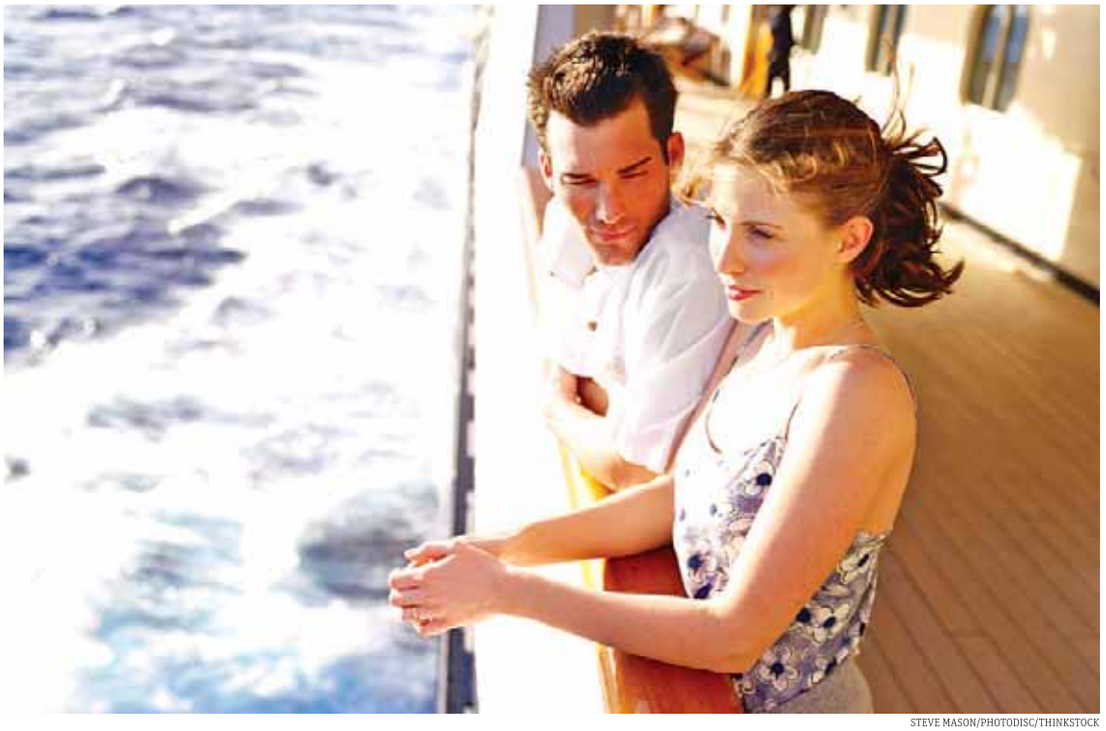

STEVE MASON/PHOTODISC/THINKSTOCK

HOLIDAY PLANNING

GET FINANCES IN ORDER SO YOU CAN ENJOY A VACATION

With the strength of the Canadian dollar, vacationing abroad has become far more attractive and affordable, which is great news for families who want to travel.

But before you get too caught up in the excitement of planning activities and excursions, put a financial plan in place to avoid unnecessary expenses and keep your costs low, so you can enjoy your family getaway.

Here are some tips from Sears Financial:

PHOTODISC/THINKSTOCK

SET A BUDGET — Establishing the cost of your trip in advance can help save money and ensure you don't end up in debt. Make sure to include all your transportation costs (including flights, car rental, taxis, gas, etc.), book your hotels ahead of time, and set aside a generous amount for meals and attractions. And don't forget to budget for souvenirs.

CONSIDER A CRUISE — Cruising can be a great and inexpensive option for families. Not only are your dining expenses included in your package, but most ships also offer play groups and workshops for kids of all ages, at no additional charge.

GET TRAVEL/HEALTH INSURANCE — With the average cost of a medical incident outside of Canada at $25,000, it's important that Canadians of all ages take out travel and health insurance.

PURCHASE A ROAMING PACKAGE — Once you leave Canada and use your mobile phone or tablet, you are accessing services through a foreign network, which can reach hundreds of dollars in additional charges. If you are planning to stay in touch with family and friends during your vacation, contact your network provider about a roaming package.

CHOOSE A CREDIT CARD THAT SUITS YOUR NEEDS — Many credit cards offer a better rate than currency exchange offices, but find out if yours has a foreign currency transaction charge; typically 2.5 per cent. Use a card that doesn't charge the fee.

– News Canada

SHOPPING FOR GIFTS: BY THE NUMBERS

• Budget Wise. More than half of shoppers last year planned a holiday shopping budget, according to a story at forbes.com. But 45 per cent of shoppers the year previous had gone over their budget.

• How Much Should I Spend? Research shows that 43 per cent of women plan to buy less expensive gifts this year compared to 31 per cent of men.

• By The Numbers. Twenty-eight per cent of women plan to buy fewer gifts overall this year compared to 21 per cent of men.

• Will That Be … Cash or Cash Back Credit? Don't forget your cash back credit card. Research conducted by Ipsos Reid found almost half of Canadians (48 per cent) would prefer to have a cash back card, compared to other types of rewards cards.

• Gone Shopping ... Online. Internetretailer.com reports that online spending this holiday season will account for almost one-quarter of retail spending in the U.S.

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

12 SMART SHOPPING DAYS

1 On the first day, plan ahead and determine a budget for gifts for friends and family as well as holiday decorations such as outdoor lights and entertaining. Then, make a list of everyone you want to buy for along with gift ideas and specific budgets.

2 Use your credit card everywhere you shop.

3 Go online to research and start developing a shopping strategy that includes warehouse and other sales. A lot of Canadians leverage redflagdeals.com, for example, for specials across the country.

4 See if you can buy some gifts online. Shopping online helps you stay within your budget and find hard-to-find gifts, according to Online Holiday Shopping Forecasts and Trends.

5 Revisit your gift list — and don't get stuck on an assumed reciprocity rule where you have to spend as much money on a gift for a friend as they spend on you. It's OK to shop the deals and give your friend a gift that costs you less.

6 Don't forget to check your rewards programs. You could have enough rewards saved to knock a few people off your shopping list and save you money overall on your holiday purchases.

7 Remember to use your credit card on every day purchases, too, not just gifts.

8 Keep all your receipts. Some credit cards offer card holders an extended return policy — this means you don't have to fight the long lines immediately after the holiday season.

9 Keep an eye on your credit card balance, and be sure you have a plan for paying it down relatively quickly after the holidays.

10 Resist impulse buys ... a box of chocolates, a bookmark, or even a lottery ticket are those "little" second gifts that add up.

11 Need to buy a last-minute gift? Maybe a gift card is the way to go.

12 Finally ... a day of rest!

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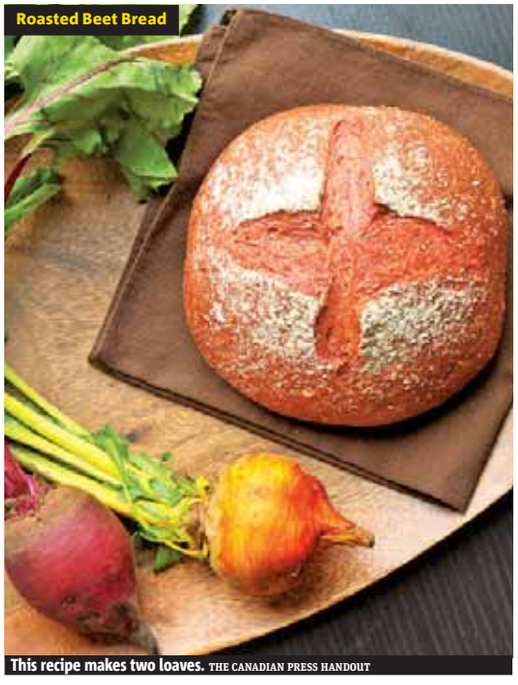


Roasted Beet Bread

This recipe makes two loaves. THE CANADIAN PRESS HANDOUT

Night Before

1. In a large bowl, combine these ingredients and mix with a wooden spoon. Cover with plastic wrap and let sit on the counter for 12 to 16 hours.

Day Of

1. To "night before" mixture, add pureed beets and any juice, whole-wheat flour and instant yeast. Mix with a wooden spoon till smooth. Let sit, uncovered, for 10 minutes. Add thyme and salt, mix until smooth.

2. Start to add bread flour. Once it becomes too hard to mix in the bowl, turn dough onto a flat surface and knead for 10 minutes. This will be a sticky dough, so be careful not to add too much flour. Add just enough to prevent dough from really sticking to your fingers when kneading.

3. Add a little olive oil to a clean large bowl. Place dough in bowl and turn over a few times to very lightly coat all sides of the dough with oil. Cover with plastic wrap. Let dough rise for 1 1/2 hours or till double in bulk. Turn onto a flat surface. Cut dough in half and mould each half into desired shape.

4. Place shaped dough on a piece of parchment paper sprinkled with cornmeal. Spray tops with a little oil spray and cover with plastic wrap for 1 hour or till double in bulk.

5. Heat oven to 200 C (400 F) and place baking stone on centre rack. Place a cast-iron skillet (filled with lava rocks if you have them) on oven floor or on lowest rack. When loaves have doubled, sprinkle with a little whole-wheat flour and slash an X on top of each.

6. Place in hot oven directly on baking stone. Pour about 250 ml (1 cup) boiling water into hot skillet and close oven door.

7. Bake for 30 to 35 minutes or until loaves sound hollow when tapped on bottom. (Or stick a meat thermometer into the centre of loaves; when it reads 82 C/180 F they're ready.)

THE CANADIAN PRESS/ THEKNEADFORBREAD.COM

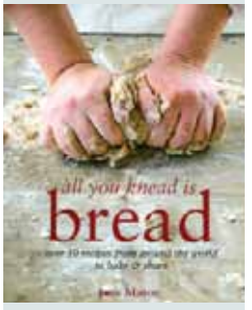
Ingredients

Night before
- 250 ml (1 cup) bread flour
- 1 ml (1/4 tsp) instant yeast
- 250 ml (1 cup) lukewarm water

Day of
- 250 ml (1 cup) pureed roasted beets plus any juice
- 125 ml (1/2 cup) stone-ground whole-wheat flour, plus extra for sprinkling
- 3 ml (3/4 tsp) instant yeast
- 15 ml (1 tbsp) chopped fresh thyme
- 8 ml (1 3/4 tsp) salt
- 675 ml (2 3/4 cups) bread flour (approx)
- Olive oil
- Cornmeal

Cookbook of the Week

Everything you knead to know



Jane Mason's All You Knead is Bread aims to inspire readers to start baking by explaining techniques, demystifying the process with step-by-step photos and presenting a huge variety of breads.

Among the 50 recipes in the book are flavours from all over the world that will go with every meal and can be served as snacks and desserts as well.

Spanning wheat and the myriad of other grains used from country to country, All You Knead is Bread features breads such as pita, soda bread, cinnamon buns, cheese rolls, rye bread and more. METRO

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Pump up the pow factor with some of these crayola-coloured delights.
Brights, fluorescents and neons may resemble some kind of designer kindergarten, but the kaleidoscopic effect can read sophisticated and here's how:

RICHARD PECKETT
Metro World News in London

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2

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Hancock clover bookcase

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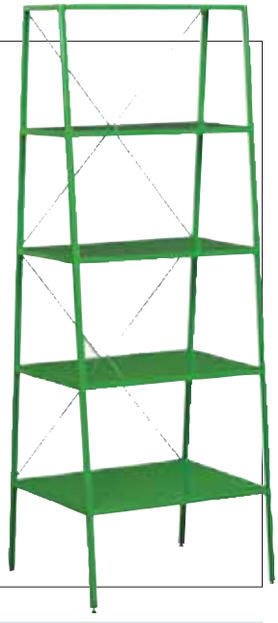
3



Jonathan Adler large okura kidney table

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jonathanadler.com

4

8

Colour Vision

Avoid a sick-making, LSD-esque trip by teaming popping colours with pastels, whites and chalky colours. Too many vibrant colours will overwhelm the rest of your decor, so use sparingly.

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6

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Make the most of your storage space for those seasonal items

Tips. Many homes lack space needed to store everything right where we use it

It's that time of year again, when we pull out the blankets and sweaters and stash the last of the warm-weather items until spring arrives.

If the serving dishes you use only at the holidays are stacked way up at the top of your pantry, "you may find yourself running out and buying something you've already got, because you can't remember what you have or you can't get to it," says Atlanta-based interior designer Mallory Mathison.

Many of her clients struggle with insufficient closet space for storing items that are only used for a few months each year.

Here, Mathison and interior designers Brian Patrick Flynn and Molly Luetkemeyer offer advice on creatively storing off-season items in ways that maximize every inch of space and make it easy to retrieve what you need.

Find double-duty furniture

All three designers love furniture that offers hidden storage. A bench with storage space inside is perfect for boots, and bins containing scarves, gloves and hats.

Or add a large coffee table/ottoman combination to your living room: "They're an easy way to sneak a bit more seasonal storage into a room, without having to add extra closet space or add pricey, big-ticket furniture pieces," says Flynn, founder of the design website decordemon.com. "You can find a ton of storage-ottoman-coffee tables on websites like overstock.com or hayneedle.com."

For families with pets, Flynn suggests creating a sleeping space for a small dog or cat that doubles as seasonal storage. "To do this, I take a flea-market dresser, usually a highboy with four to six drawers, then remove the bottom two for use as an open lounge space for pets, complete with a removable cushion," he says. Use the remaining drawers above for seasonal items like off-season clothing.

Maximize under-bed spaces

Many people use the space under their master bed for seasonal storage. Luetkemeyer suggests doing the same with every bed in the house.

Tuck clear plastic bins under children's beds (and a guest bed, if you have one), labeling each one clearly.

You can rotate items in and out of these bins during the year — one holding swimsuits all winter might hold sweaters in summer. If you know that all under-bed space is designated for seasonal items, it will be easier to track down the once-a-year items you're seeking.

Try creative carpentry

Mathison suggests having built-in cabinets added along the walls on both sides of your bed.

Creating this architectural niche for your bed "is totally cozy, and it also creates great concealed and/or open storage," she says.

Another built-in option: If your kitchen cabinets don't go all the way to the ceiling, add extra closed storage on top for seasonal serving dishes and table linens. Or have a row of very shallow shelves (no more than three or four inches deep) added to one wall of your kitchen or pantry. You can prop up dishware or serving pieces you rarely use, creatively storing them while adding some beauty to your walls.

Also, search your home for bits of square-footage that aren't being used, such as a crawl space under a staircase. Hire a handyman to add a small door and turn that empty space into a cabinet.

Consider changing your kitchen seating: Swap out chairs for built-in benches with hidden storage, then hide rarely-used items there.

A seasonal storage space and a sleeping space for pets created out of a piece of furniture by designer Brian Patrick Flynn. Flynn takes a used dresser from a flea market — often a highboy with four or six drawers — then removes the bottom two drawers to create an open lounge space for pets complete with a removable cushion and then uses the drawers for storing seasonal items. THE ASSOCIATED PRESS

Get hooked

"Seasonal things that inspire you should be left out as much as possible," Flynn says. "I use a ton of wall hooks in my spaces, mostly to be able to hang up favourite pieces of clothing which add decorative flair to a room."

In a bedroom, a cluster of favourite flannel shirts can look great on decorative hooks, and the same goes for winter jackets. In summer, hang your favourite T-shirts or swimsuits on those same hooks while the winter items are put away.

This works well in kids' rooms and nurseries, helping ensure that kids wear their cutest pieces before the season ends and they grow out of them.

Use closets well

Maximize closet space by adding shelves up high if there aren't any, then keep a small step-ladder in the closet for accessing high items, Luetkemeyer says. Add inexpensive, battery-powered lights to dim closets, and increase shelf space by adding a row of canvas hanging shelves.

In a guest room closet, if you have one, Mathison suggests using two rows of hanging canvas shelves — one filled with items your guest may need, such as extra towels and soap, and the other left empty so your guest can put out some of the clothes they brought. Then use the rest of the closet for your seasonal things.

It will be clear to the guest what space is theirs and what isn't.

If winter items are hung in a closet, Flynn opts for "thick wooden hangers or sculptural modern aluminum hangers to keep the structural integrity of coats or heavy pants."

THE ASSOCIATED PRESS

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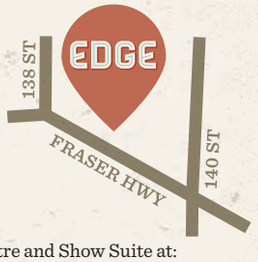

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Need a chandelier? Here are the rules

I would like to hang a chandelier in my 13-by-16-foot dining room. I have 12-foot ceilings and am wondering what style would be best and how high to hang it.
-Emily, Calgary

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A chandelier should look like it belongs to the style of your house, not just like it blends with a trendy decor scheme.

Style?
Consider the architectural style of your home — is it modern or traditional? For instance, a boxy modern condo or an arts and crafts style home would have a streamlined chandelier, whereas a cottage-inspired or Victorian home would have a traditional-style fixture.

I like to think of the chandelier in the same category as the style of door knobs and hardware that are chosen for the house. If you were to move, those items would be left with the house.

How high?
The height your chandelier is hung relates to the table it is hung over, not the height of the ceiling.

The bottom of the chandelier should be hung 30-40 inches from the top of the table; hang it 30 inches if you have regular eight foot ceilings and up to 40 inches above the table if you have extra high ceilings. For 12 foot ceilings (as in your home) the bottom of the chandelier should be about 36-38 inches above the table.

Size?
For rooms with really high ceilings, consider buying a tall-shaped chandelier to help fill up some of the extra height.

In a low-ceiling area, choose a horizontal shape to suit the low space. The diameter of the chandelier should relate to the size of the room — for each foot of the room's width, the chandelier gets two inches of diameter. For instance, your dining room is 13 feet wide, therefore a 26 inch diameter (13-by-two feet) would be perfect.

Designer ideas

- Adding a decorative moulding medallion to the ceiling will add some visual interest up high. Paint the medallion a similar colour to the chandelier's chain (usually gold, silver or bronze).
- A dimmer switch will allow you to create an intimate setting when dining.
- Choose energy-efficient chandelier bulbs to save moving the table to change the bulbs each year.
- The finish of your chandelier should match the other hardware items like door handles, hinges and light switches in the room.

Choose a chandelier that suits the architectural style of your home. 1920's Odeon Glass Fringe Chandelier, $3,000, restorationhardware.com.

A tall-shaped chandelier will help fill up a dining space that has tall ceilings. Winston Chandelier, $430, crateandbarrel.com.

A long and low chandelier suits a dining space with lower ceilings. Crystal Pendant with Organza Shade, $800, sears.ca.

Save money and effort with LED bulbs, which save up to 80 per cent energy and can last up to 15 years. Philips DecorLED Dimmable Chandelier Bulb, $16, homedepot.ca.

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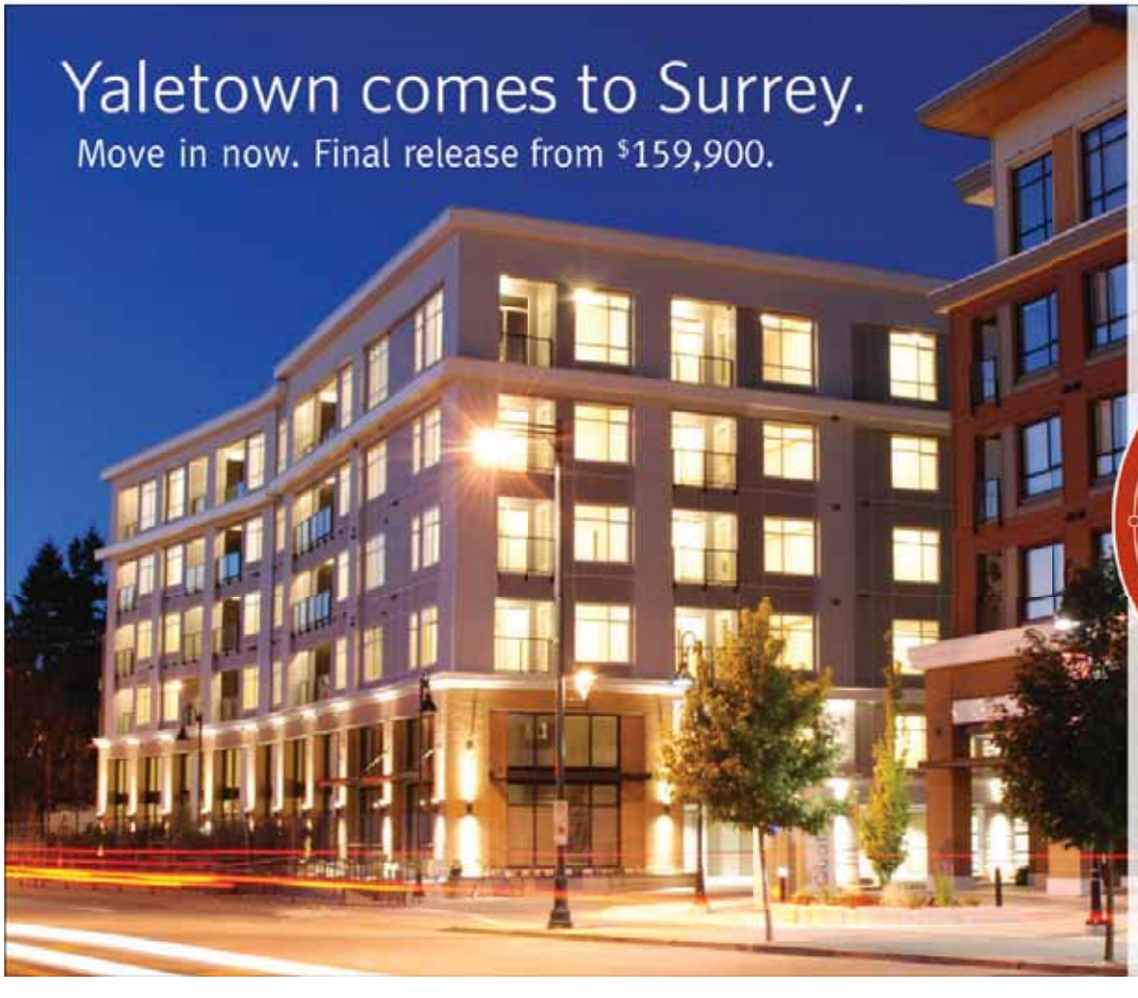

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GMOs: The history behind genetically modified foods

What is GMO?
-Cory of Thunder Bay, Ont.

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

In Canada, we do not require GMO labelling. ISTOCK

GMOs — or genetically modified organisms — are plants or animals modified through the gene-splicing techniques of biotechnology. In conversation, GMOs and GE foods refer to the same thing. They are foods created by merging DNA from different species.

The first commercially available GMO crop (the Flavr Savr tomato) was approved by the U.S. Food and Drug Administration in 1994.

Since then, GE varieties of corn, soya, sugar beets and canola have become common in Canada. In addition to locally produced crops, GE varieties of cottonseed oil, papaya, squash and milk products are imported from the U.S. into Canada.

In a mere 20 years, GMO ingredients have made their way into most of the processed foods available on Canadian grocery shelves. Apples, potatoes and wheat are all in the lineup for approval.

When first introduced, GMO crops were touted as the answer to world hunger. The argument was that by developing pesticide-and-herbicide-resistant crops, farmers would be able to increase their yields and decrease their costs.

This has not proven to be the case. Instead, bugs and weeds have become increasingly resistant to the widespread applications of these chemicals, leading to increased use of both. More spraying means more costs for farmers, more damage to the environment and more health concerns.

On the flips side, it means more product purchased from the seed producer. The companies that develop and patent GMO seeds are the same companies that develop and patent pesticides and herbicides to which the unique seeds are resistant.

Monsanto is the largest seed company in the world and owns about 86 per cent of GMO seeds sown globally. It is also the company that produces the herbicide Roundup.

The safety of GMO foods is unproven and a growing body of research connects these foods with health concerns and environmental damage.

For this reason, most developed nations have policies requiring mandatory labelling of GMO foods at the very least, and some have issued bans on GMO food production and imports.

In Canada, we do not require GMO labelling. Canadians are often unaware that the foods they choose contain GMO ingredients. This right to choice is behind the growing movement to have GMO foods labelled. While environmental and food advocates lobby for labelling, other groups, like the Non-GMO Project, have created voluntary non-GMO certification to promote better consumer information.

Have questions for the Queen of Green? Write to tpaglaro@davidsuzuki.org or tweet @DavidSuzukiQoG

Cleaning

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Is cleaning my fireplace something I can do on my own or do I need a professional?

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These are important things to check and should not be thought of as a waste of money. Chimney fires are caused by creosote on the inner surfaces of the chimney. The entire house can burn down if this is not maintained properly.

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Chevrolet Traverse

SHARP FEATURES

CHEVROLET TRAVERSE GETS A FRESH, MID-CYCLE MAKEOVER

With almost zero fanfare or upgrades for the full-sized truck-based Suburban or Tahoe, you might think that the days of the full-size sport utility vehicle are basically over. But since they're based on the Silverado truck platform that will be new for 2014, they're actually going to get a new lease on life, but likely in a weighless, drink-less kind of way. That's what the Chevrolet Traverse is all about.

Will that vehicle signal the direction for the new big rigs? We'll find out soon enough, but for now the Traverse has been on the market long enough that it's actually due for a mid-cycle makeover. The three-row "tall-wagon" segment is getting busier every year, especially now that truckier rivals like the Ford Explorer and Nissan Pathfinder are abandoning their rough roots.

The popular Traverse represents the least-expensive way to get into GM's people-hauling triplets (Acadia and Enclave are the other two), and it has been under the surgeon's scalpel for 2013 with sharper features and more content. The bold split grille seen on nearly all Chevy cars and trucks is gone, replaced by the company's new face. The gold bow tie sits on a trapezoidal grille with a trio of larger air intakes below the bumper. The rear end hasn't changed as dramatically, but it does feature new lights and a repositioned licence plate.

Chevrolet Trax

Chevrolet Equinox

Chevrolet Suburban

Chevrolet Tahoe

The interior is equally freshened with nicer materials where you'll actually touch a redesigned centre stack with the colour touch radio and contrasting stitching all over. Traverse's passenger and cargo roominess still trumps that of the Tahoe, whether all three rows of seats are folded flat or left upright.

Unchanged for 2013, Traverse has a 3.6-litre V6 that produces 281 horsepower, or 288 ponies with the optional dual exhaust. The engine operates through a six-speed automatic transmission, and the optional all-wheel-drive system seamlessly distributes power to either the front or rear wheels, depending on road conditions and driver input.

Although fuel performance might be top of mind these days, the simple fact is that bigger isn't necessarily worse. Small engines work harder if you expect them to perform like bigger ones, and, well you don't have to put your foot through the floorboards when passing with a bigger engine.

So, while the base Equinox is saddled with a 182-horsepower, 2.4-litre four-cylinder engine, new for 2013 is an optional 3.6-litre V6 with 301 horsepower that outclasses the old 3.0-litre V6 by 45 horses. And it also earns the same fuel-consumption rating as the old V6, which means no penalties for that extra power. A six-speed automatic transmission is standard with either engine.

Is the fuel performance/power trade-off worth it? You can decide.

– wheelbasemedia.com

Chevrolet Silverado

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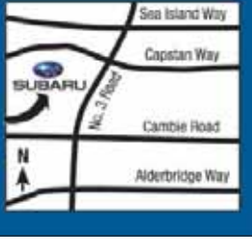

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PICKUP TRUCKS HAVE NOW BECOME FASHION STATEMENTS

Ford F-150

Trucks were once rolling toolboxes that you filled to the brim with shovels and bricks. Honestly, the idea of filling a new F-150 with bricks, or scuffing up the box in any way, makes us a little queasy, even if that's sort of the point of a pickup.

Many are pampered playthings that can cost more than a Lexus. The simple fact is that all of the domestic pickups are great trucks, so the automakers need to appeal to your sense of style.

For 2013, Ford is betting that a sharper-looking F-150 and reintroducing the full-lux Limited trim will bring even more customers through the door. All models get new trim-specific front grilles, bumpers and wheel designs, but the Limited sure is a head-turner. Available only as a SuperCrew four-door cab, the body-colour mouldings, brightwork and 22-inch wheels are set off by segment-first high-intensity-discharge headlights.

The interior is highlighted by heated and cooled red and black leather seats, aluminum trim and piano black accents that complement the new MyFord Touch screen on the dash. Limiteds are exclusively powered by the popular 3.5-litre "EcoBoost" twin-turbo V6 with 365 horsepower. Those wanting traditional V8 power are spoiled, with 5.0-litre or 6.2-litre options readily available in most other trims. In fact, the 411-horsepower, 6.2-litre V8 is standard on the F-150 SVT Raptor 4x4, which is inspired by Ford's participation in off-road desert racing.

Standard gear includes special shock absorbers that stiffen as they compress to keep the truck from bottoming out or becoming too tippy while cornering. That's a good idea, since there's nearly 30 centimetres more of suspension travel in front and about 34 in back. The giant 35-inch-tall all-terrain rubber has been mounted to 17-inch wheels that are positioned farther outboard from the fenders to a point where the Raptor's width has been increased by more than seven inches compared to a standard F-150.

What, not big enough or tough enough? Not content with having the most powerful and probably the most capable heavy-duty pickup around, for 2013 Ford is aiming its Super Duty trucks toward the higher end of the market (told ya). A fully loaded GMC Sierra HD 3500 with the ubiquitous Denali package starts well north of $60,000 and climbs higher very quickly. Ford's reply is adding a Platinum trim to the SD line with unique styling, different 20-inch wheels, chrome slathered everywhere, while the inside features wood trim and high-grain leather cover nearly every surface.

Niceties include standard power-adjustable pedals, a rear-view camera, remote start and power telescoping mirrors.

– wheelbasemedia.com

Ford Expedition

BASE PRICES (INCL. DESTINATION)

EXPEDITION: FULL-SIZE SUV; $48,750
EXPLORER: MID-SIZE SUV; $31,300
F-150: FULL-SIZE PICKUP; $21,550
F-SERIES SD: FULL-SIZE PICKUP; $37,050
TRANSIT CONNECT: MULTI-PURPOSE VAN; $26,850

Ford Escape

Ford Explorer

Ford Flex

Ford F-150 SVT Raptor

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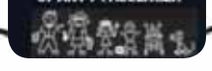

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Trying to coax better fuel economy out of the old Range Rover would be like trying to squeeze blood from a 2,500-kilogram stone. It was just too big and heavy.

But how do you liposuction a Range Rover and still call it a Range Rover? You don't. You just build the whole thing out of aluminum.

The new Range Rover shares a similar look with the outgoing model, but has dropped 320 kilograms, even though it's slightly larger overall. Credit an aluminum body structure that's nearly 40 per cent lighter than the steel-bodied 2012 version. That should make a huge difference in fuel consumption (the official numbers aren't out yet), although there's only one engine so far: A supercharged 5.0 V8 that generates 510 ground-pounding horses.

The engine is shared with Jaguar — no shock here — and just like the cat's big sedans, it's backed by a new eight-speed automatic transmission. The four-wheel-drive system comes with hill-start assist and gradient acceleration control, which can help you negotiate steep and severe slopes off-road (you're going to take my Range Rover where?). The system, called Terrain Response 2, will also suggest when to shift into low range, or when to adjust the air-spring suspension for greater ground clearance.

Also included is an array safety and convenience hardware, including a power split tailgate, heated windshield, and digital surround-sound, to eight airbags and voice-activated navigation. You can also expect a full-size panoramic sunroof, exotic 21-inch wheels and virtually every power-operated, luxury-centred and electronic safety-focused feature you care to name (how about four-zone climate control, or door openings that close and lock themselves).

– *wheelbasemedia.com*

BASE PRICES (INCL. DESTINATION)

EVOQUE: ENTRY-LUXURY SPORT UTILITY; $48,300; $49,400 (COUPE)
LR2: COMPACT SPORT UTILITY; $41,200
LR4: MID-SIZE SPORT UTILITY; $60,750
RANGE ROVER: FULL-SIZE SPORT UTILITY; $114,000 (EST.)
RANGE ROVER SPORT: FULL-SIZE SPORT UTILITY; $74,900

BEAUTIFUL ROLLING SCULPTURE

HYUNDAI SANTA FE

Hyundai Santa Fe

Some of the hottest styling comes from the sketch pads at Hyundai. Just look at the new Santa Fe. Hyundai has gone from building cars that people on a budget had to buy, to beautiful rolling sculpture that you just have to buy.

The Santa Fe wagon is available in five- and seven-passenger sizes. The shorter-wheelbase five-passenger Santa Fe Sport arrives first, followed by the longer (by 22 centimetres) seven-passenger Santa Fe in early calendar 2013. The bigger Santa Fe is heftier than the Sport by more than 150 kilograms, which explains why it's only available with a 290-horsepower, 3.3-litre V6 that replaces the previously optional 274-horsepower, 3.5-litre V6.

Conversely, the Sport comes with a base 190-horsepower, 2.4-litre four-cylinder, or optional 264-horsepower 2.0-litre turbocharged four-cylinder. In all cases the only transmission is a six-speed automatic with manual shift controls.

Hyundai will let you add its latest all-wheel-drive setup with any Santa Fe you select. The system includes Torque Vectoring Corner Control (TVCC) that monitors driving conditions and can instantaneously direct the correct amount of power or braking force to any single wheel.

TVCC assists in slippery conditions and provides added precision when negotiating turns.

The Santa Fe features plenty of standard content plus unexpected treats, including Driver Selectable Steering Mode with Normal, Comfort (reduces steering effort by 10 per cent) and Sport (increases effort by the same amount) settings.

Turbo models add performance suspension components (stiffer shocks and stabilizer bars), 19-inch wheels (17s are standard), fancier gauge cluster, push-button start and heated front seats.

– *wheelbasemedia.com*

BASE PRICES (INCL. DESTINATION)

SANTA FE: COMPACT SUV; $28,250
TUCSON: COMPACT SUV, $21,750

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GMC Terrain Denali

BLENDING LUXURY, UTILITY

The GMC brand is a bit at odds with itself in that it blends a measure of luxury and prestige (softness) along with ruggedness. How/why it's perceived as being more of workhorse than Chevrolet, yet more Friday-night urban is a bit of a mystery.

Take the Terrain, which is GMC's entry-level small sport-utility vehicle. The GMC badge automatically gave it credibility as a more rugged piece than the equivalent Chevrolet Equinox, while also providing a more upscale experience. Proof? The ultra-luxurious Denali sub-brand is now available on its smallest vehicle. More chrome on the broad grille and exhaust pipes, satin touches, unique lights, and body-coloured fascias and rocker mouldings highlight the exterior, while softer leather on the seats, doors, and steering wheel, along with "smoked" mahogany inserts differentiate the cabin from lesser trims.

However, unlike other Denali models, the Terrain version can be had with either the standard 182-horsepower, 2.4-litre four-cylinder or the new 301-horsepower, 3.6-litre V6. Despite the latter's big bump in power and torque, it has the identical 12.4/8.1 l/100 km rating as the older 3.0-litre unit. All Terrains get six-speed automatic transmissions and both engines can be had with front- or optional all-wheel-drive. Towing capacity for the four-cylinder is 680 kilograms, while the V6 is rated for 1,500.

Sierra HD trucks wearing the Denali badge as well as the rest of the Sierra HD lineup in regular-, extended- and crew cab styles can be had with a 360-horsepower, 6.0-litre V8 or the 6.6-litre turbo-diesel (preferred by the vast majority of Sierra HD purchasers) that kicks out 397 horsepower and 765 pound-feet torque. Both engines are mated to six-speed automatic transmissions.

To keep the popular eight-passenger Acadia from falling behind the German and Japanese competition, and in response to new homegrown rivals such as the Ford Explorer and Dodge Durango, GMC has given its big wagon a dose of attitude. The squared-off front end takes inspiration from the smaller Terrain and uses neat LED accent lighting in the new headlight clusters. New LED taillights, wraparound glass and a spoiler freshen up the rear end.

The interior gets nicer plastics and leathers, highlighted by a new colour touch-screen with optional navigation. All Acadias come with either seven or eight seats and lots of room behind the third row for cargo. – *wheelbasemedia.com*

GMC Acadia

BASE PRICES (INCL. DESTINATION)

ACADIA: MID-SIZE SUV; $40,100
SIERRA: FULL-SIZE PICKUP; $28,250
SIERRA HD: FULL-SIZE PICKUP; $37,600
TERRAIN: COMPACT SUV; $29,900
YUKON: FULL-SIZE SUV; $51,200
YUKON DENALI: FULL-SIZE SUV; $75,000 (2012)

GMC Acadia Denali

GMC Yukon Denali

GMC Yukon

GMC Sierra

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Representative financing example based on 2013 Rio5 LX+ AT (RO753D) with a selling price of $19,572 (includes delivery and destination fees of $1,455, $1,000 Everybody Wins savings, other fees and certain levies (including tire levies) and A/C charge ($100, where applicable)) financed at 0% APR for 36 months. 78 bi-weekly payments equal $225 per payment with a down payment/equivalent trade of $0. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. Every eligible contestant will win (subject to correctly answering a skill-testing question) an Instant Win prize consisting of a discount in an amount from $1,000 to $10,000 towards the purchase or lease of any new 2012 or 2013 Kia vehicle. One Grand Prize consisting of a $25,000 cheque will be randomly awarded from among all eligible contestants at the conclusion of the contest. No purchase necessary. Contest open to Canadian residents with a valid driver's license over the age of majority. Odds of winning vary by prize and by region. See kia.ca or your participating Kia dealer for complete contest rules. +0-weekly 5 nance payment (on approved credit) for new 2013 Sorento LX AT (SR75BD) based on a selling price of $28,667 is $157 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $8,053 plus applicable taxes due at end of 60-month period. Delivery and destination fees of $1,650. $1,000 Everybody Wins savings, $500 loan savings, other fees and certain levies (including tire levies) and A/C charge ($100, where applicable) are included. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. $Loan savings for 2013 Sorento LX AT (SR75BD) is $500 and is available on purchase 5 nancing only on approved credit. Loan savings vary by model and trim and are deducted from the negotiated selling price before taxes. Some conditions apply. Cash purchase price for 2013 Forte Sedan LX MT (FO540D)/2012 Rondo LX with AC (RN750C) is $14,022/$16,517 and includes a cash savings of $2,450/$5,250 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). $1,000 Everybody Wins savings, delivery and destination fees of $1,455/$1,650, other fees and certain levies (including tire levies) and A/C charge ($100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Based on the Manufacturer Suggested Retail Price of $17,472/$22,767. Retailer may sell for less. Available at participating dealers. See dealer for full details. $$2,450/$5,250 cash savings on the cash purchase of an eligible new 2013 Forte Sedan LX MT (FO540D)/2012 Rondo LX with AC (RN750C) from a participating dealer between November 1 – November 30, 2012. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. ‡Model shown Manufacturer Suggested Retail Price for 2013 Sorento 3.5L SX AWD (SR75XD)/2013 Forte SX Luxury AT (FO740D)/2012 Rondo EX V6 Luxury (RN75BC) is $43,045/$27,150/$26,945 and includes delivery and destination fees of $1,650/$1,455/$1,650 and A/C charge ($100, where applicable). License, insurance, applicable taxes, other fees and certain levies (including tire levies), variable dealer administration fees (up to $699), PPSA and registration fees are extra. Retailer may sell for less. Available at participating dealers. See dealer for full details. The First Time Vehicle Buyer Program offer is available on approved credit to eligible retail customers who finance a select new 2012/2013 Rio 4 door, 2012/2013 Rio 5 door, 2012/2013 Forte Sedan, 2012/2013 Forte5, 2012/2013 Forte Koup, or 2012/2013 Soul. Eligible purchase finance customers will receive a credit in the amount of five hundred dollars towards the purchase of their new vehicle. Some conditions apply. See your dealer for complete details. Offer ends January 2nd, 2013. ^The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the $500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, vis kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation and Kia Canada Inc. respectively.

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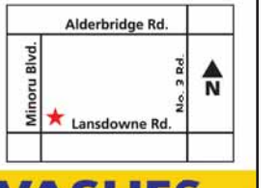

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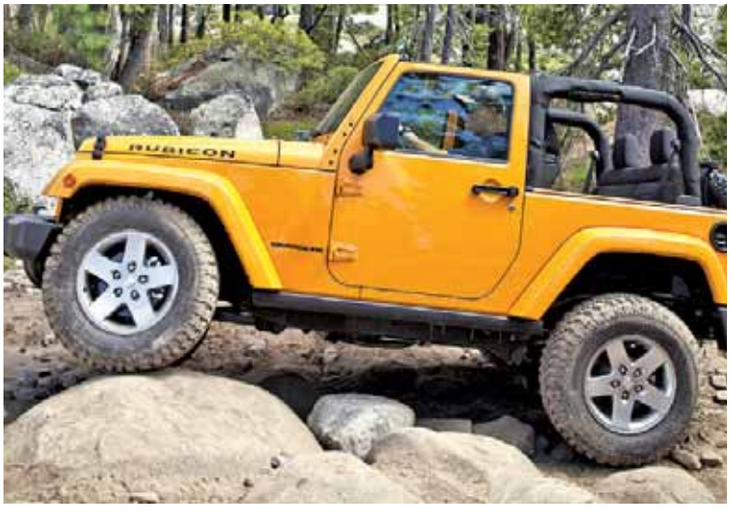
JEEP'S RUGGED WRANGLER

Things carry on pretty much as normal for Jeep for the 2013 model year, but with plenty of fine-tuning going on at the Wrangler end of the building. The legendary off-roader enjoys a hard-core following; people who fearlessly dare to use these rugged rascals the way they're intended.

Of course, not everyone goes boulder-hopping and canyon-crawling in their Wranglers (the Jeep, not the jeans), but both groups will appreciate the newly designed seats with improved bolstering in front and added support when the road or trail gets rough. The back seat of the four-door Unlimited model, as well as the soft top, both now fold more easily using, amazingly, just one hand.

Finally, both two- and four-door Wranglers can be ordered with a premium top that is reportedly easier to clean and its three layers add a degree of noise insulation. Jeep claims the lid is also easier to fasten. (Yes, we had to read that twice, too.)



Unchanged is the Chrysler-designed 285-horsepower V6 that connects to either a six-speed manual transmission or optional five-speed automatic. The combo provides for a l/100 km rating of 12.7 city and 9.3 highway (Unlimited models fare a little worse).

Base Sport, Sport, Sport S, Sahara and Rubicon trim levels continue; the first two feature part-time four-wheel-drive with optional limited-slip rear differential. The tough-customer Rubicon uses the Off-Road Rock-Trac unit with its extra-low-range gearing, front/rear-locking differentials for greater agility and 32-inch off-road rubber.

As for the Grand Cherokee, talk about a Swiss Army Knife. The focus for 2012 was on the go-fast, corner-hard 470-horsepower SRT8, while this year, almost as reminder of the real point of this vehicle, it's all about off-roading. The new-for-2013 Trailhawk, for serious boulder bashing, includes Kevlar-reinforced Goodyear "Silent Armor" tires, additional off-road undercarriage protection, rear electronic limited-slip differential, Quadra-Drive II four-wheel-drive with air suspension for V8 models (adjusts ride height over a 11.4-centimetre range to a maximum 28 centimetres of ground clearance) and an upgraded traction-control system.

– wheelbasemedia.com

BASE PRICES (INCL. DESTINATION)

COMPASS: COMPACT WAGON; $20,600
GRAND CHEROKEE: MID-SIZE SUV; $39,800; $59,000 (SRT8)
PATRIOT: COMPACT WAGON; $19,600
WRANGLER: COMPACT/MID-SIZE SUV; $24,000

HARD-CHARGING RAM

If fuel economy, or lack thereof, killed the mid-sized Dakota, the Ram Boys aren't about to let that happen to the Ram 1500.

Its one big weak spot, fuel consumption, has been rectified for 2013 with Chrysler's ever-popular 3.6-litre V6 that bumps the ancient 3.7-litre V6 out of the engine bay. Horsepower climbs 42 per cent to 305 from 215 and fuel performance similarly improves to 11.4 l/100 km city and 7.8 highway, compared to 15.0/10.0. That's a huge difference.

The Ram also gets a new eight-speed automatic transmission that will also be attached to the 395-horsepower, 5.7-litre "Hemi" V8. This engine shut down four of its eight cylinders when not needed, such as at under light-load conditions or when headed downhill. A dash-mounted rotary shifter replaces the traditional column and console shifter. Returning is the 4.7-litre V8 rated at 310 horsepower. It's linked to a six-speed automatic.

For 2013, Rams get further fuel-reduction assistance including stop-start technology that turns off the engine at rest, then instantly fires it up again once the brake pedal is released. Electric power steering cuts parasitic power losses. Subtle aerodynamic body improvements and active grille shutters help, too. Optional is an air suspension with load levelling and five height settings, one of which drops the body at highway speeds by 1.5 centimetres to cut the wind a bit better. Finally, a new thermal management system is designed to quickly get the Ram's crankcase oil and other fluids up to operational temperatures, which assists in conserving gas.

The Ram 2500 and 3500 series pickups have upped the stakes with the optional Cummins turbo-diesel that's available in bad, badder and baddest grades for 2013. The tamest of the 6.7-litre inline six-cylinder powerplants is rated at 350 horsepower and 660 pound-feet of torque, while the intermediate version pushes those numbers up to 370 horsepower and 800 pound-feet. For maximum thrust and grunt, the 385-horse unit lays down a mind-numbing 850 pound-feet of torque.

The Cummins can be matched to a six-speed manual transmission (the only shift-it-yourself in its class), or a six-speed automatic. The result is a truck that can haul and tow an inordinate amount of whatever you have; up to 7,730 kilograms of trailer weight and up to 820 kilograms of tongue weight using a conventional Class V hitch. *– wheelbasemedia.com*

BASE PRICES (INCL. DESTINATION)

RAM 1500: FULL-SIZE PICKUP: $28,500
RAM HD: FULL-SIZE HEAVY-DUTY ONE- AND THREE-QUARTER PICKUPS: $32,000

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Toyota Tundra CrewMax

Toyota Tacoma

TOYOTA'S TOUGHNESS

Since the 1990s, Toyota has been expanding its sport utility vehicle line as wells as its trucks to match North American tastes. Even though the economy and unstable gas prices have pushed buyers — and automakers — into more thrifty conveyances, Toyota still has most or all of its heavy hitters while other automakers have been clear-cutting their lineups.

That's not to say that Toyota isn't working on its car line as there's a new Avalon and Prius c. For the 2013 model year, only Ford has spent time on its full-size pickup, the F-150, while GM is preparing a new Silverado/Sierra duo for 2013.

BASE PRICES (INCL. DESTINATION)

4RUNNER: MID-SIZED SUV; $39,600
FJ CRUISER: MID-SIZED SUV; $35,000
HIGHLANDER: MID-SIZED SUV; $33,300; $45,000 (HYBRID)
RAV4: COMPACT SUV; $26,500
SEQUOIA: FULL-SIZE SUV; $60,600
TACOMA: COMPACT PICKUP; $23,900
TUNDRA: FULL-SIZE PICKUP; $27,800

There seems to be a bit of a wait-and-see attitude as most of Toyota's truck inventory carries forward into the 2013 model year with little in the way of significant change. With rivals taking their toys and going home, the Tacoma remains just about the only real option left if you aren't interested in a full-size pickup truck, but still need decent utility.

Toyota unleashed a trickle of updates for 2012, including a very subtle reshaped grille and headlights, and new exterior mirrors. Under the long hood rests either a base 159-horsepower, four-cylinder that could use an upgrade, or if towing/hauling is more of a concern, the Tacoma turns up the wick to the tune of 236 horsepower via the optional 4.0-litre V6.

Despite finding only a fraction of new homes compared with the domestic automakers, the full-size Tundra pickup remains a strong contender. The base 4.0-litre V6 produces a stout 270 horses, although its fuel performance pales in comparison to that of the updated Ram 1500 V6. The 310-horsepower, 4.6-litre V8 and top-tuned 381-horsepower 5.7 V8 are untouched.

Just how strong is a Tundra? Enough to tow 132,000 kilograms of space shuttle Endeavor across an L.A. overpass on its way to its permanent place. If you haven't already heard about it, check it out on Youtube. – *wheelbasemedia.com*

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*The Drive a Honda, Win a Honda contest is open to all residents of British Columbia and the Yukon Territories who are the age of majority (nineteen years) or older at the time of entry. The contest begins at 8:00am PST on Thursday, November 1 and ends on Friday, November 30 at 6:00pm PST. Enter the contest by visiting one of the participating BC Honda dealers and test driving a new Honda vehicle of your choice during their hours of operation. Limit one (1) entry per person. No purchase necessary. For full contest rules and regulations, visit www.bchonda.com. ¥ $1,000 Honda Dollars is available on all new 2012 Civic models. $1,500 Honda cash purchase incentive is available on all 2012 Civic models with the exception of Civic Si Sedan model FB6E5CKV and Civic Si Coupe model FG4A5CK. Cash purchase incentive will be deducted from the negotiated price before taxes and cannot be combined with special lease or finance offers. † $1,000 Honda Dollars is available on all new 2012 CR-V models. $1,000 Honda cash purchase incentive is available on all 2012 CR-V models with the exception of CR-V LX model RM3H3CE. Cash purchase incentive will be deducted from the negotiated price before taxes and cannot be combined with special lease or finance offers. **MSRP is $27,630/ $16,485 including freight and PDI of $1,640 / $1,495 based on a new 2012 CR-V LX 2WD model RM3H3CE(S) / 2012 Civic DX 5MT 4WD model FB2E2CEX. PPSA, license, insurance, taxes, and other dealer charges are extra and may be required at the time of purchase. Dealer may sell for less. Dealer Trade may be necessary on certain vehicles. ^W17^ Contest and offers valid from November 1st through 30th, 2012 at participating Honda retailers. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

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B.C. rookie guard Matt Norman, centre, was added to the Lions' 46-man roster on Wednesday, four days before the West Division final against the Calgary Stampeders. CONTRIBUTED/B.C. LIONS

Trading the classroom for the football field

CFL. Rookie guard Matt Norman returns to Lions lineup for West final but will miss school

CAM TUCKER
cam.tucker@metronews.ca

Matt Norman is back with the B.C. Lions after brief a stint in the classroom.

The rookie guard was officially added to the Lions' 46-man roster Wednesday, after leaving the Canadian Football League team in September to go back to school and complete his teaching certificate.

Norman, 24, was the Lions' third-round pick, 22nd overall, in the 2012 CFL Canadian draft after playing four seasons for the Western Mustangs in Canadian Interuniversity Sport.

His arrival comes just before Sunday's Western final against the Calgary Stampeders at BC Place and coincides with injuries to offensive linemen Jon Hameister-Ries and Dean Valli.

"I always kept it in the back of my mind, I always kept in the gym," said Norman of the possibility of returning to B.C.

"I wasn't expecting it, but I was expecting it at the same time."

Norman needed a special exemption to temporarily leave his program and will miss three days this week, including his practicum.

Should the Lions make it to the Grey Cup, he would have to extend his time away.

Despite not playing football for more than two months, the Lions were pleased with the level of progress Norman made earlier in the season.

What, if any, role Norman actually plays against the Stamps could depend on how Thursday's practice goes, said head coach Mike Benevides.

"He played really well for us when he played and obviously he hasn't played in a little while since he left us, but I feel very good about it because I know who he is and I know the character he is," Benevides said.

"I know the tough technical player he is. If we had to (play him) that's why he's here, or else he wouldn't be here if I didn't believe in him."

Injury update

Valli upbeat after testing out knee

The B.C. Lions offensive line should be getting good news on the injury front.

Dean Valli, who was taken out of the regular-season finale against the Saskatchewan Roughriders with a bone bruise to his knee, took part in many of the first-team reps at Wednesday's practice.

"It was pretty encouraging today. I knew it would be harder than yesterday, I knew it would be a test and it was a psychological barrier obviously I had to get by," said Valli, the seven-year Lions veteran.

"It's going to take a lot to keep me off the field. Obviously if something happens where I honestly realize that I can't get it done, I'm not going to be selfish. But at this point, I don't see why that would happen."

CFL

Stampeders' Lewis fined for O.J. tweet

Calgary Stampeders running back Nik Lewis has a reputation for stirring the pot.

Both his football team and the Canadian Football League say he crossed the line with his comment on Twitter.

The CFL fined Lewis an undisclosed amount Wednesday for violating the league's social-media policy.

On Monday, Lewis tweeted: "I just bought OJ's gloves on eBay. Now all I need is a white girl named Nicole." He added the hashtag #MaybeALittleToFar.

The reference was to the 1995 murder trial of O.J. Simpson.

Simpson was acquitted in the murder of Nicole Brown Simpson and Ronald Goldman, but he lost a civil-court case against him for their wrongful deaths.

THE CANADIAN PRESS

Quoted

"This organization is not proud of what occurred."

Calgary coach and general manager John Hufnagel, who told Lewis and the rest of the Stampeders not to tweet until the CFL season is over.

AHL

Brust lifts Heat to win over Monsters

It's win or Brust for the Abbotsford Heat.

The Heat, thanks to a 29-save performance from goaltender Barry Brust, defeated the Lake Erie Monsters 2-0 Wednesday night, sweeping the Colorado Avalanche farm club in a two-game series at the Abbotsford Entertainment and Sports Centre.

Brust has three consecutive shutouts and hasn't allowed a goal in 231 minutes and 41 seconds. METRO

Super Series. WHL needs shootout to emerge as winner in goalie duel

Team Russia's Mikhail Naumenkov, right, hip checks Team WHL's Travis Ewanyk in Vancouver on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

It started out as Team WHL against Team Russia. It turned into Laurent Brossoit versus Andrei Makarov.

Who says a goaltender's duel can't be entertaining? And it seemed only fitting it be decided in the shootout.

That's exactly what happened in the fifth game of the 2012 Subway Super Series, as Brossoit and Makarov traded one terrific save after another in a 1-0 shootout win for Team WHL before a crowd of 11,124 fans at the Pacific Coliseum in Vancouver.

Brossoit stopped all three shooters he faced in the skills competition, including the Edmonton Oilers' highly coveted prospect Nail Yakupov, who was the first-overall pick in the 2012 NHL entry draft.

Hunter Shinkaruk, Mark McNeil and Sam Reinhart scored for the WHL in the shootout, beating Makarov on three consecutive chances. Shinkaruk got it started, ripping a shot glove side on the Russian netminder.

Brossoit, who hails from Surrey and plays for the Edmonton Oil Kings in the WHL, looked shaky in the early minutes of the game.

But he settled in nicely. He was also the busier of the two goalies in the second period. His best save of the night was off Evgeni Mozer, who was sent in on a clear breakaway but was denied by the left pad of Brossoit.

At the other end, Makarov was equally as good.

The sixth and final game of the series goes Thursday in Victoria

CAM TUCKER/METRO

Lockout. NHL, NHLPA have no plans to meet

Now the NHL and the locked-out players' association aren't even talking by phone.

With the lockout entering its third month, communications between the fighting sides have come to a halt with no clear sign of what the next step will be or when it will be taken.

"No, we have not communicated today," NHL deputy commissioner Bill Daly told The Associated Press on Wednesday in an email. "No meetings scheduled, and no plans to meet."

After four straight days of negotiations in New York last week, talks broke off angrily Friday night. Discussions resumed on Sunday, solely regarding player contract terms, but that meeting ended after only 90 minutes.

Daly says that no decisions have been made to call off any more games.

THE ASSOCIATED PRESS

Games lost

So far, 327 games — all those scheduled through Nov. 30 and the New Year's Day outdoor Winter Classic — have been cancelled by the NHL.

NFL

COC doubles up on financial support

The Canadian Olympic Committee will be almost doubling its financial support for Olympic sports over the next four years with an injection of about $100 million, president Marcel Aubut said Wednesday.

Ottawa has also promised to keep its funding for Olympic sport intact, he said.

The $100 million will go to support both summer and winter events as well as to prepare for the 2015 Pan American Games in Toronto.

It represents an injection of close to $50 million in new money, Aubut said. THE CANADIAN PRESS

Little sizzle before the fireworks at UFC 154

UFC. Bookmakers have Georges St-Pierre as a 3-1 favourite to beat Carlos Condit in Montreal event

Georges St-Pierre, left, bows to Carlos Condit following a press conference in Montreal on Wednesday ahead of their UFC 154 title fight on Saturday. GRAHAM HUGHES/THE CANADIAN PRESS

The two rivals sat on stage flanked by their championship belts. But fans hoping for fireworks between Georges St-Pierre and Carlos (Natural Born Killer) Condit will have to wait for Saturday night in the cage.

On Wednesday, all the two welterweights did was look good and try to kill their opponent with kindness at the UFC 154 news conference in Montreal.

Condit called St-Pierre "a benchmark" of mixed martial arts.

"I'm honoured to have the chance to compete against Georges," said the 28-year-old native of Albuquerque, N.M., who admits to weeping when offered the bout. "He is someone I've admired as a fighter for a long time. But he's where I want to be, he's the top guy in the sport, top guy in the division. He has cemented a legacy as the best welterweight in the world and that's what I want.

"So all admiration aside, I'm coming to take that from him."

St-Pierre, who has been sidelined for 18 months due to reconstructive knee surgery, says Condit is the ultimate test in his comeback.

"I have something to prove to myself," said the 31-year-old Montreal native.

"I want to prove to myself that I'm still the best guy in the world and I believe the best guy right now is Carlos."

THE CANADIAN PRESS

Upstart Grizzlies put a lid on rolling Thunder

Rudy Gay scored a season-high 28 points, Zach Randolph added 20 points and 11 rebounds before getting ejected along with Oklahoma City's Kendrick Perkins during a late-game altercation, and the Memphis Grizzlies beat the Thunder 107-97 on Wednesday night.

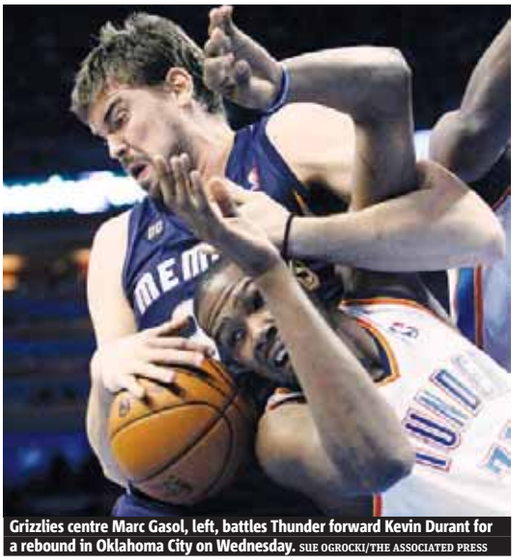
Marc Gasol chipped in 14 points as the Grizzlies continued the best start in franchise history by winning their sixth straight game. They took control by outscoring Oklahoma City by 21 in the second quarter, and never gave it up.

Kevin Durant scored a season-high 34 points and Russell Westbrook had 17 points and 13 assists as both Oklahoma City all-stars logged more than 42 minutes for the second straight game while trying to lead a fourth-quarter comeback.

This time it fell short as the Thunder had their five-game winning streak snapped.

The Grizzlies went to Gasol and Randolph with Oklahoma City attempting to come back from a double-digit deficit in the fourth quarter for the second straight game, but eventually failing.

After a pair of empty trips by both teams in the final minutes, referee Ken Mauer tossed both Perkins and Randolph after the two confronted each other between a pair of free throws by Westbrook. After the ejections, Randolph and Perkins tried to approach each other while being restrained by teammates before finally heading out in separate tunnels at Chesapeake Energy Arena.



Grizzlies centre Marc Gasol, left, battles Thunder forward Kevin Durant for a rebound in Oklahoma City on Wednesday. SUE OGROCKI/THE ASSOCIATED PRESS

By then, Memphis had all but locked up the latest in a series of testy games between the two young Western Conference playoff contenders who got to know each other all too well during a seven-game series in the playoffs two seasons ago.

THE ASSOCIATED PRESS

MLB. Dickey, Price win Cy Young awards

R.A. Dickey languished in the minors for 14 years, bouncing from one team to another before finally perfecting that perplexing knuckleball that made him a major-league star.

David Price was the top pick in the draft and an ace by age 25, throwing 98 mph heat with a left arm live enough to make the most hardened scout sing.

Raised only 34 miles apart in central Tennessee, Dickey and Price won baseball's Cy Young awards on Wednesday — one by a wide margin, the other in a tight vote.

Two paths to the pantheon of pitching have rarely been more different.

"Isn't that awesome?" said the New York Mets' Dickey, the first knuckleballer to win a Cy Young. "It just shows you there's not just one way to do it, and it gives hope to a lot of people."

Price, a hard-throwing lefty with the Tampa Bay Rays, barely beat out Justin Verlander for the American League prize in balloting by the Baseball Writers' Association of America, preventing the Detroit Tigers ace from winning consecutive Cy Youngs.

He received 14 of 28 first-place votes and finished with 153 points to 149 for Verlander, chosen first on 13 ballots.

Other than a 1969 tie between Mike Cuellar and Denny McLain, it was the closest race in the history of the AL award.

THE ASSOCIATED PRESS

Quoted

"It's something that they can't take away from me."

Tampa Bay Rays pitcher David Price on winning the AL Cy Young Award

Rays pitcher David Price won the AL Cy Young Award on Wednesday night. GETTY IMAGES FILE

Time is now: Jays suddenly a big fish

Moving up. Deal makes Toronto a contender in ultra-competitive AL East

Pending physicals, Mark Buehrle, left, Jose Reyes, centre, and Josh Johnson will be Blue Jays after Tuesday night's blockbuster trade. THE ASSOCIATED PRESS FILE

Toronto Blue Jays general manager Alex Anthopoulos made it clear when the season ended that addressing his team's starting pitching needs would be a top off-season priority.

He delivered on that plan and dramatically changed the look of the franchise with one of the biggest trades in team history.

The deal between the Blue Jays and Miami Marlins won't get final approval until the players pass physicals. When that happens, Toronto will immediately be considered a contender for the first time since capturing back-to-back World Series titles in 1992 and 1993.

According to various reports, right-hander Josh Johnson, left-hander Mark Buehrle and all-star shortstop Jose Reyes are heading north along with infielder Emilio Bonifacio and catcher John Buck.

Shortstop Yunel Escobar is Miami-bound along with infielder Adeiny Hechavarria, right-hander Henderson Alvarez, catcher Jeff Mathis and prospects Anthony DeSclafani, Justin Nicolino and Jake Marisnick.

"It's still got to bear fruit on the field," said Cary Kaplan, president of Mississauga, Ont.-based sports-management company Cosmos Sports. "But I think people feel very happy today — those that are Blue Jays fans — and I think there are people on the fence that will move to the other side."

Quoted

"Everybody in the world wants to talk about the Marlins and the fact they're now a triple-A team."

Miami city commissioner Marc Sarnoff. The attendance-challenged Marlins have antagonized fans yet again by deciding a low-budget team is good enough for their new ballpark.

Johnson, Buehrle and Brandon Morrow provide a deep 1-2-3 punch in the starting rotation. Reyes is a big step up from Escobar, Bonifacio should fill a hole at second base and Buck gives the team an experienced hand behind the plate.

Toronto didn't give up too much from its current roster to make the deal. In Escobar, the Marlins get a mediocre shortstop who fell out of favour in Toronto after writing an anti-gay slur in Spanish on his eyeblack stickers.

Mathis was a decent backup and Alvarez posted middling numbers in 2012, but he could be a stud down the line.

The prospect price was heavy as Hechavarria could develop into a star. DeSclafani, Nicolino and Marisnick also have plenty of potential.

But after years of playing with an eye to the future, this deal appears to show that the Blue Jays' time is now.

The new additions make the club much deeper, but they don't come cheap.

Johnson is owed $13.75 million US next season, Reyes has $96 million left on a deal expiring in 2018 and Buehrle has $52 million remaining on a deal expiring in 2015.

THE CANADIAN PRESS/ THE ASSOCIATED PRESS

Clubhouse questions

Pressure on to land new skipper

After John Farrell's embarrassing exit last month — jumping ship partway through his contract to pursue his "dream job" in Boston — Blue Jays general manager Alex Anthopoulos is under considerable pressure to find a long-term solution to the club's manager problem while also engaging in his most important off-season in Toronto.

The 35-year-old says he has entered the "final stages" of his manager search, which is expected to be resolved before baseball's winter meetings open on Dec. 3.

Speculation swirled Wednesday that the Jays would now go after veteran managerial greats like Tony La Russa, Joe Torre, Lou Piniella or Bobby Cox — all of whom have recently retired or taken jobs with Major League Baseball's head office — to lead their newly contending club.

Anthopoulos has declined to publicly name his shortlist of candidates

TORSTAR NEWS SERVICE

Blue Jays GM Alex Anthopoulos TORSTAR NEWS SERVICE FILE

How things change in Toronto

A look at five other blockbuster trades from the Jays' past:

TORSTAR NEWS SERVICE

Photos by Getty Images

December 1990

The Jays acquired Roberto Alomar and Joe Carter from San Diego while saying goodbye to Tony Fernandez and Fred McGriff. Alomar and Carter were arguably the most important players in the Jays' World Series titles in 1992 and '93.

November 1996

The Jays completed what was then the largest trade in club history in a nine-player deal with Pittsburgh, acquiring left-hander Dan Plesac, pictured, along with Carlos Garcia and Orlando Merced for six mostly minor-league players.

February 1999

The Jays traded their two-time Cy Young winner Roger Clemens to the New York Yankees for lefty David Wells, reliever Graeme Lloyd and infielder Homer Bush.

December 2009

Rookie GM Alex Anthopoulos was tested early in dealing Roy Halladay. Halladay's trade demands limited Anthopoulos to dealing with Philadelphia, but he was still able to get top prospects Travis d'Arnaud, Kyle Drabek and Michael Taylor.

December 2010

The next off-season, Anthopoulos dealt Opening Day starter Shaun Marcum to Milwaukee in exchange for Canadian third-base prospect Brett Lawrie, who figures to be a cornerstone of the franchise for years to come.

Horoscopes

♈ Aries
March 21 - April 20
If you allow yourself to get angry, it will distort your judgment and you will make a mistake. Then you'll be angrier than before. Remember: There is a reason for everything that happens in life, even the "bad" things.

♉ Taurus
April 21 - May 21
It may seem as if someone you have feelings for is trying to avoid you, but most likely it is your imagination playing tricks. Give them the space they seem to need, and soon they'll be back at your side.

♊ Gemini
May 22 - June 21
The more others try to push you in directions you don't want to go, the more you must resist. Also, be careful when exerting yourself physically. The Sun in the wellbeing area of your chart warns you to put your health first.

♋ Cancer
June 22 - July 23
You have been too soft with someone who has been taking liberties and now you must go to the other extreme and come down on them hard. If you let things continue as they are, chaos will be the result.

♌ Leo
July 24 - Aug. 23
You sense that something big is about to happen, something that will change your life for the better. As usual, your instincts are spot on. So, keep your eyes and ears open and be ready to act.

♍ Virgo
Aug. 24 - Sept. 23
You seem to have rather a lot to say for yourself at the moment, and that's fine. But watch out that you don't say too much over the next 24 hours or you could find you have given up your advantage. Knowledge is power.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if you are losing something valuable, and maybe you are, but there is no point worrying about it. The planets indicate what you have to give up now will be replaced by something much better very soon.

♏ Scorpio
Oct. 24 - Nov. 22
You will be under a lot of pressure today and tomorrow as several issues come to a head at the same time. You will find ways to stay on top of them but schedule yourself a restful weekend. You'll need it!

♐ Sagittarius
Nov. 23 - Dec. 21
For some reason, you are worked up about something that, nine times out of ten, would not worry you. Remind yourself it is of no great importance. In a matter of hours, it will be forgotten.

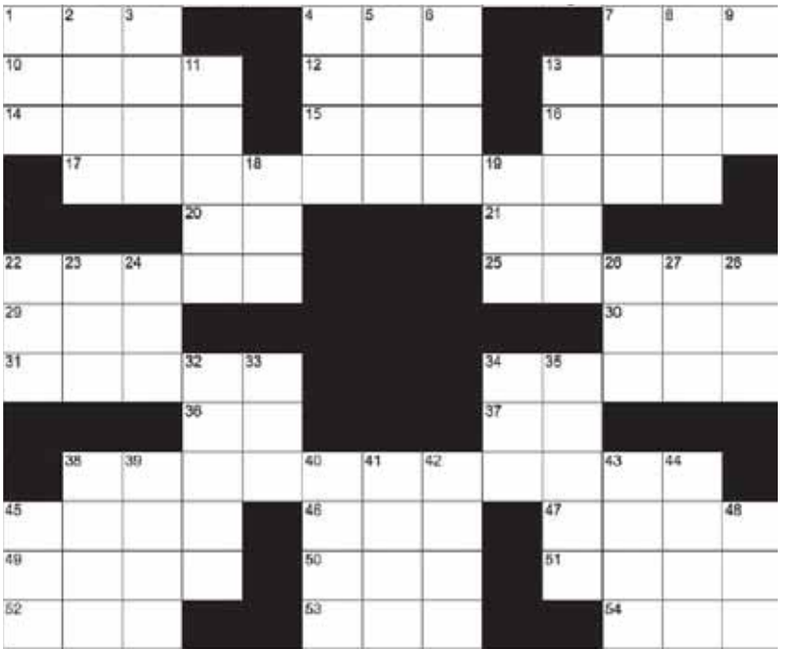
♑ Capricorn
Dec. 22 - Jan. 20
Steer clear of a friend's personal affairs today. The planets warn that if you allow yourself to get involved, you will find it almost impossible to get out again. And you'll end up getting most of the blame.

♒ Aquarius
Jan. 21 - Feb. 19
If your reputation is important to you then you will have to defend it today. It seems that someone is determined to undermine your authority and you cannot afford to let that happen. Take the battle to them.

♓ Pisces
Feb. 20 - March 20
You may think you can get away with anything at the moment but Saturn, the great taskmaster of the zodiac, says otherwise. Think things through carefully before you act and, if in doubt, don't act at all. SALLY BROMPTON

Canadian Crossword

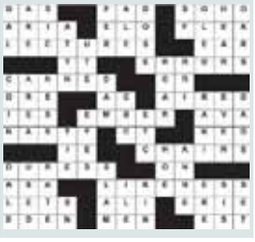
BY BETTY MARTIN



Across
1. Roseanne's hubby
4. Cooking utensil
7. Healthy
10. The Bold —
12. Pitcher's stat.
13. Family group
14. Break in two
15. Salt (Fr.)
16. Rave's partner
17. Noblemen
20. Deal or – Deal
21. Bible pt.
22. Mended a skirt
25. Dogma
29. Past due
30. Island (Fr.)
31. Bad neighbourhood
34. That Don't Impress Me Much! singer
36. Model Railroad gauge
37. Midwestern state
38. Helmut wearing transports
45. Bird of peace
46. Schnozz ending
47. After midnight
49. — to Avonlea
50. Days of — Lives
51. Nova
52. Fashion designer (abbr.)
53. Mad —
54. Avenues

Down
1. — and don'ts
2. Siam woman
3. Close by
4. Fly or hornet
5. Chocolate layer cookie
6. Bath powder
7. Level
8. Ziering and McShane
9. Dynamite (abbr.)
11. Quill
13. Large wooden box
18. Grass
19. Go bad
22. Distress signal
23. Farmyard animal
24. Tiny
26. Actress Vardalos
27. Ed role for Daryl Mitchell
28. Countdown number
32. Adored
33. Greeting: — hoo
34. Spasm
35. Room dividers
38. Cows comments
39. Egg shape
40. — 222
41. Popular board game
42. Kitten's plaything
43. Food networks, Good —
44. Immediately, in the ER
45. Arid
48. Vocalized pauses

Yesterday's Crossword



What's online

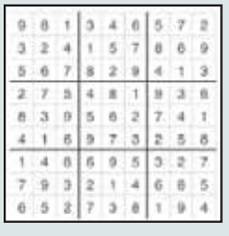
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		5		4		8	
4			8		9			1
	3			7			6	
		9				6		
6	2						3	7
		3				4		
	7			5			2	
8			2		6			3
	6		3		7		5	

Yesterday's Sudoku



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Friday 8°/7° Showers 60%
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TWN incorporates MSC data

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